

apple **Watch**

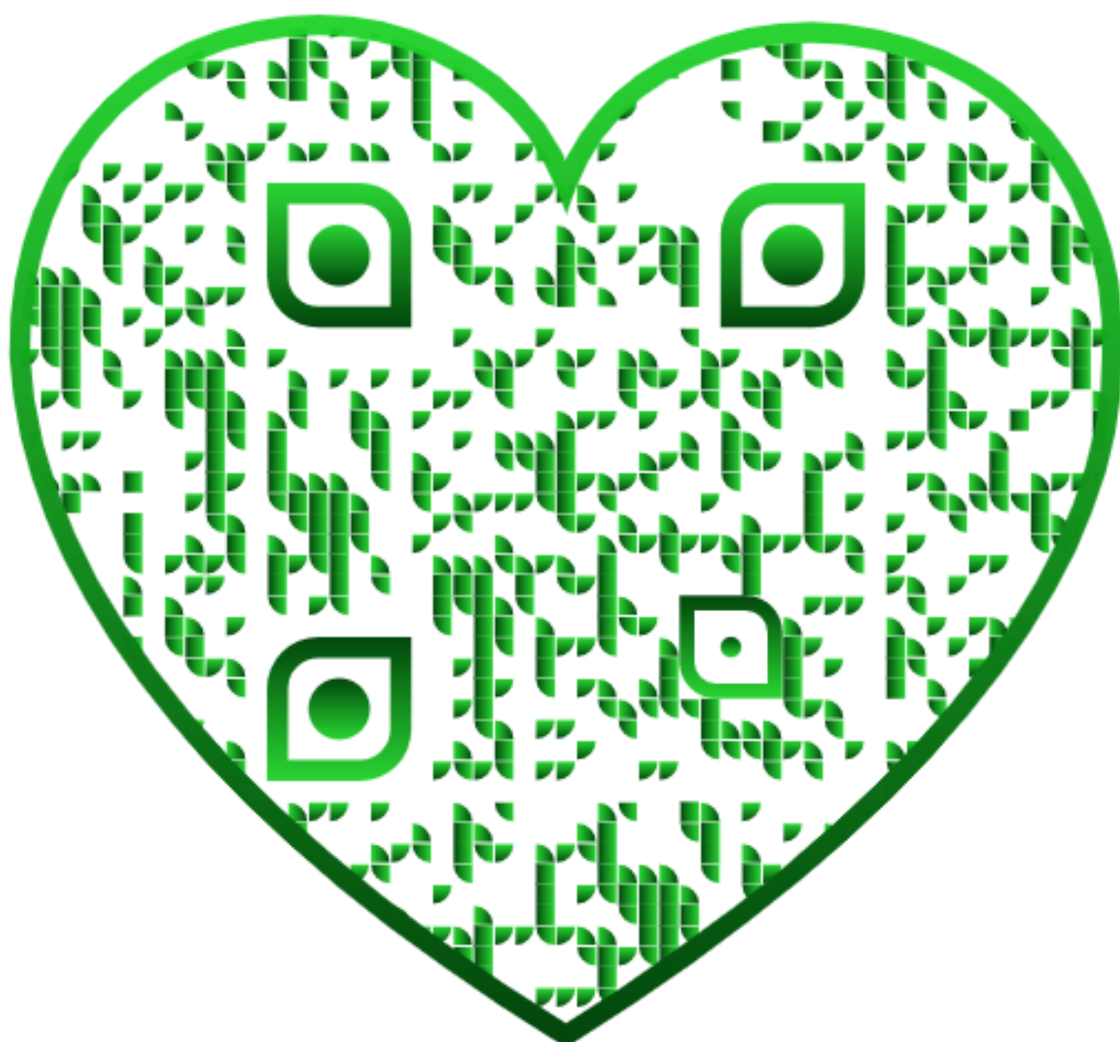
Complete Manual

**Master
watchOS
26 & your
watch**

**Get the best from
your Apple Watch**

**Level up your
knowledge**





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apple Watch

Complete Manual



Everything you need to know about Apple Watch and watchOS 26

Your Apple Watch is amazing. As well as tell the time, it can show your messages and emails, help you find your way around with Maps, identify a song, help with your exercise routine and more. But are you getting the most from it? Apple Watch and its brand new operating system watchOS 26 are packed with features, some of which you might not know. That's why Papercut's team of Apple experts are here.

Over this series, we bring you in-depth, fully illustrated tutorials for your Apple Watch and the key features of its operating system, watchOS 26. Written in plain English with a minimum of technical jargon, we take you through the Apple Watch basics, show you how to use its preinstalled apps, explore what you can do on Apple Watch and more. We also show you how to install and use third-party apps and offer fixes in case things go wrong. It's all in Apple Watch The Complete Manual! Enjoy.

System Requirements

The watchOS 26 operating system requires an iPhone 11 or later or an iPhone SE (2nd gen) or later running iOS 26, and one of the following Apple Watches:

Apple Watch SE (2nd generation)
Apple Watch Series 6
Apple Watch Series 7
Apple Watch Series 8
Apple Watch Series 9

Apple Watch Series 10
Apple watch Series 11
Apple Watch Ultra
Apple Watch Ultra 2
Apple Watch Ultra 3

Apple Watch SE 3
*Some features are
unavailable on older
devices.*

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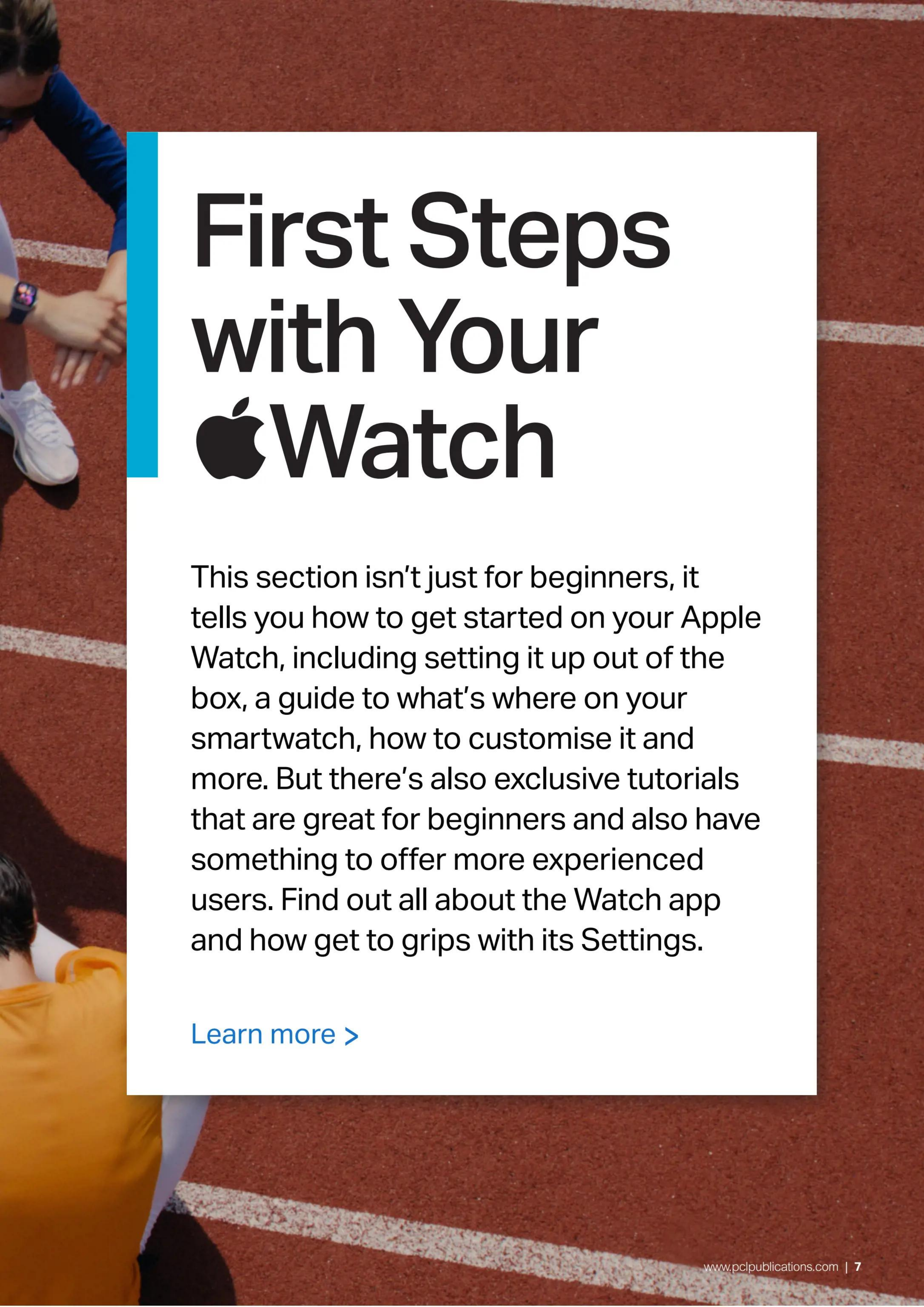
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First Steps with Your Apple Watch

This section isn't just for beginners, it tells you how to get started on your Apple Watch, including setting it up out of the box, a guide to what's where on your smartwatch, how to customise it and more. But there's also exclusive tutorials that are great for beginners and also have something to offer more experienced users. Find out all about the Watch app and how get to grips with its Settings.

[Learn more >](#)



What's Where on Your Watch

The controls on your Apple Watch are fairly straightforward, with two buttons on the right of the casing and a tough, durable Force Touch crystal covering the screen. But there's more to the hardware than just the buttons.





Strap Release Buttons

Press one of these buttons down with your thumbnail and you can remove the strap by sliding it left and right. To replace it, just slide it back in without pressing the button.

Information

Details about your watch, such as its series and size, are written around the sensors.

Electrical Heart Sensor

The Electrical Heart Sensor and the ECG app can take an electrocardiogram, or ECG, giving you invaluable information on the health of your heart.

Blood Oxygen and Optical Heart Sensor

The Blood Oxygen Sensor measures the percentage of oxygen your red blood cells carry from your lungs to the rest of your body. The Optical Heart Sensor checks your heart rate.



Apple Watch Tech: The Taptic Engine

At the heart of the Apple Watch is Apple's innovative Taptic Engine. In a nutshell it's a linear actuator that produces haptic feedback. This is what gives you that little vibration buzz on your wrist when a notification comes in. Open the Watch app on your iPhone and go to My Watch > Sounds & Haptics and you can configure it to suit your needs too. You can also switch it off altogether if you really don't like it but you'll probably find it a very useful feature on your technology packed Apple Watch.





Getting Started with Apple Watch

So you've left the Apple Store with your brand new Apple Watch tucked under your arm. But what do you do now? How do you pair your watch with your iPhone, set it up and get it ready for everyday use? Here we show you how to set it up out of the box, and then take you through the stages of setting up your brand new Apple Watch, pairing it with a new iPhone and more.



First-time Set-up with a New Apple Watch

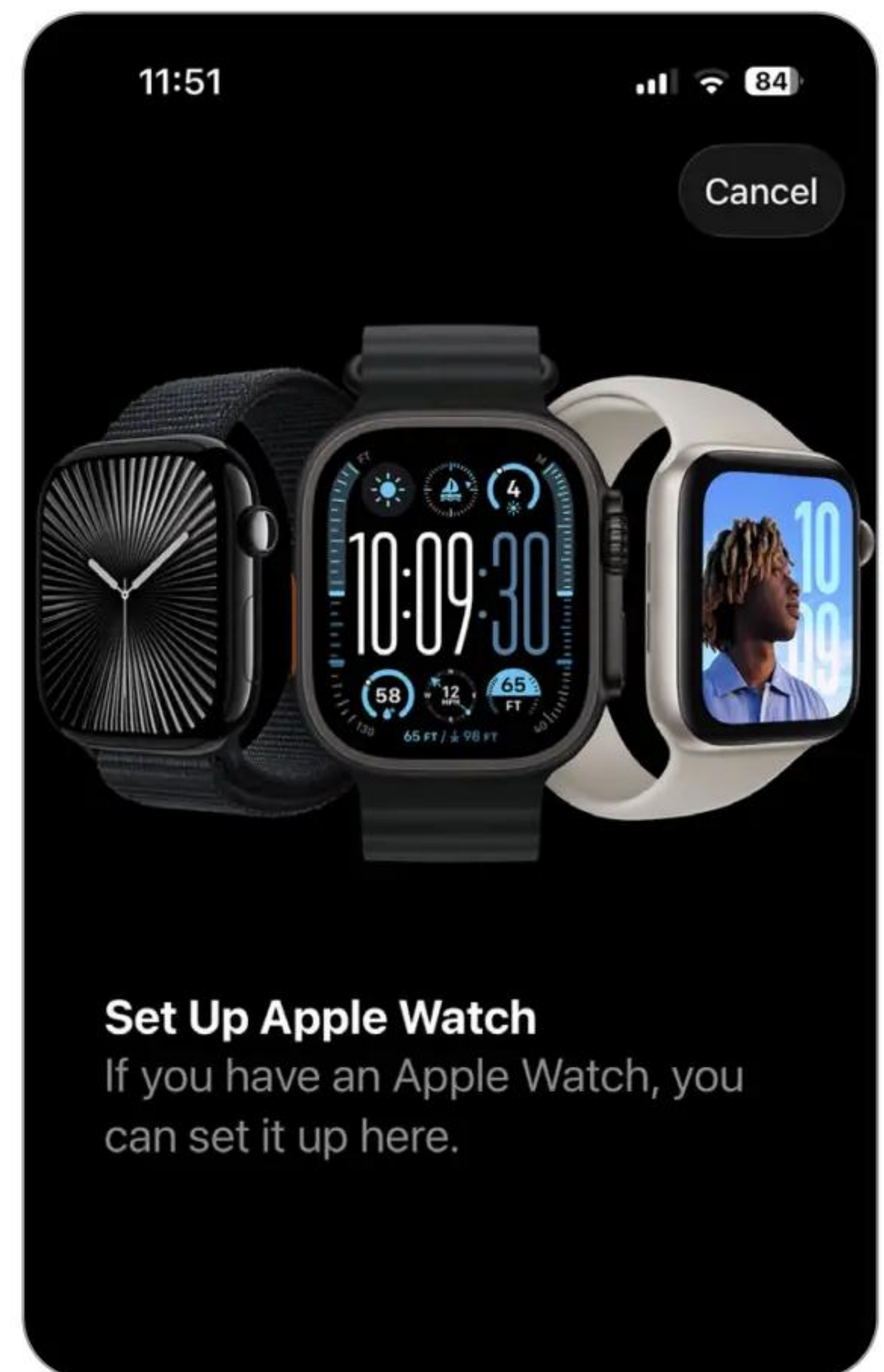
If you're planning to use watchOS 26, you must pair a compatible Apple Watch with an iPhone 11 or later, or iPhone SE (2nd gen) or later. Apple Watch is only compatible with iPhone – sorry, Android users.



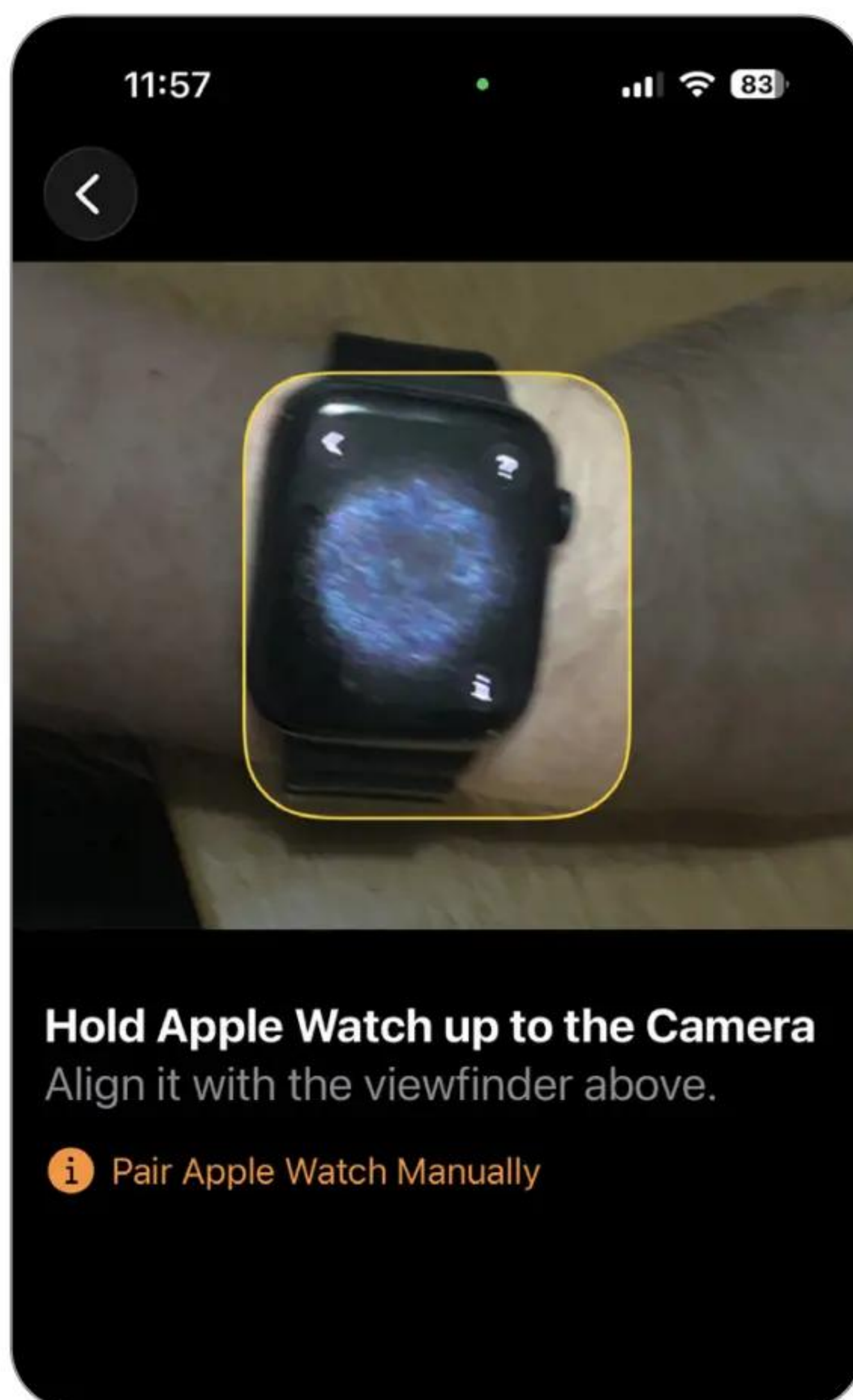
1 If your watch is switched off, press and hold the side button to switch it on. It invites you to make sure your Apple Watch and iPhone are in close proximity. On your iPhone, tap the Continue button that appears at the foot of the screen and proceed.



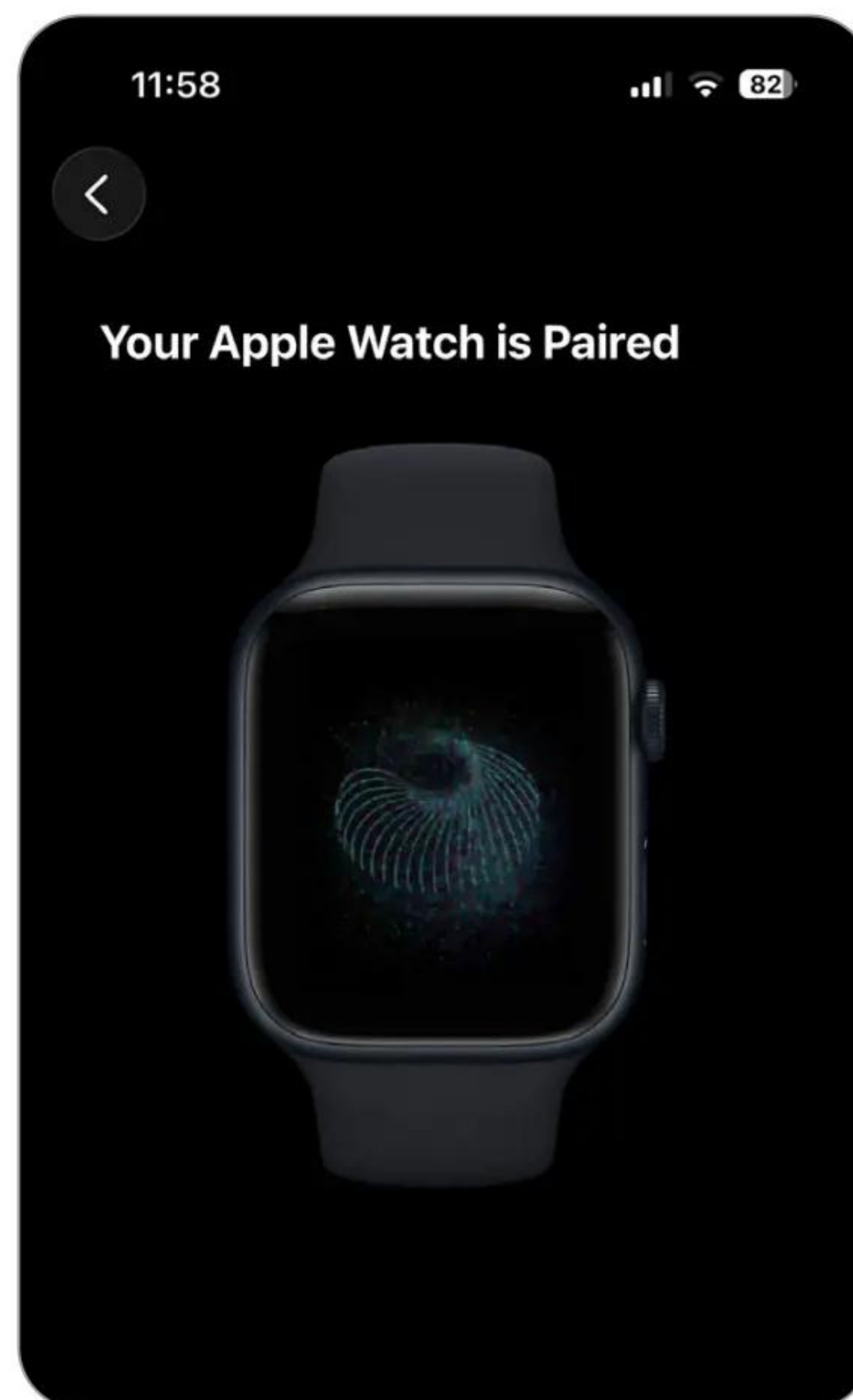
2 If you wish to choose a language at this stage, tap the 'i' in the circle, found in the bottom-right corner of the watch screen, and choose from the languages available. Scroll up and down the main list with the digital crown; just turn it to scroll through them.



3 On your iPhone, in the Apple Watch app, tap the Set Up for Myself or Set Up for a Family Member button at the foot of the screen, as appropriate. For the rest of this guide, we'll assume you're setting up for yourself, though the procedure is similar.



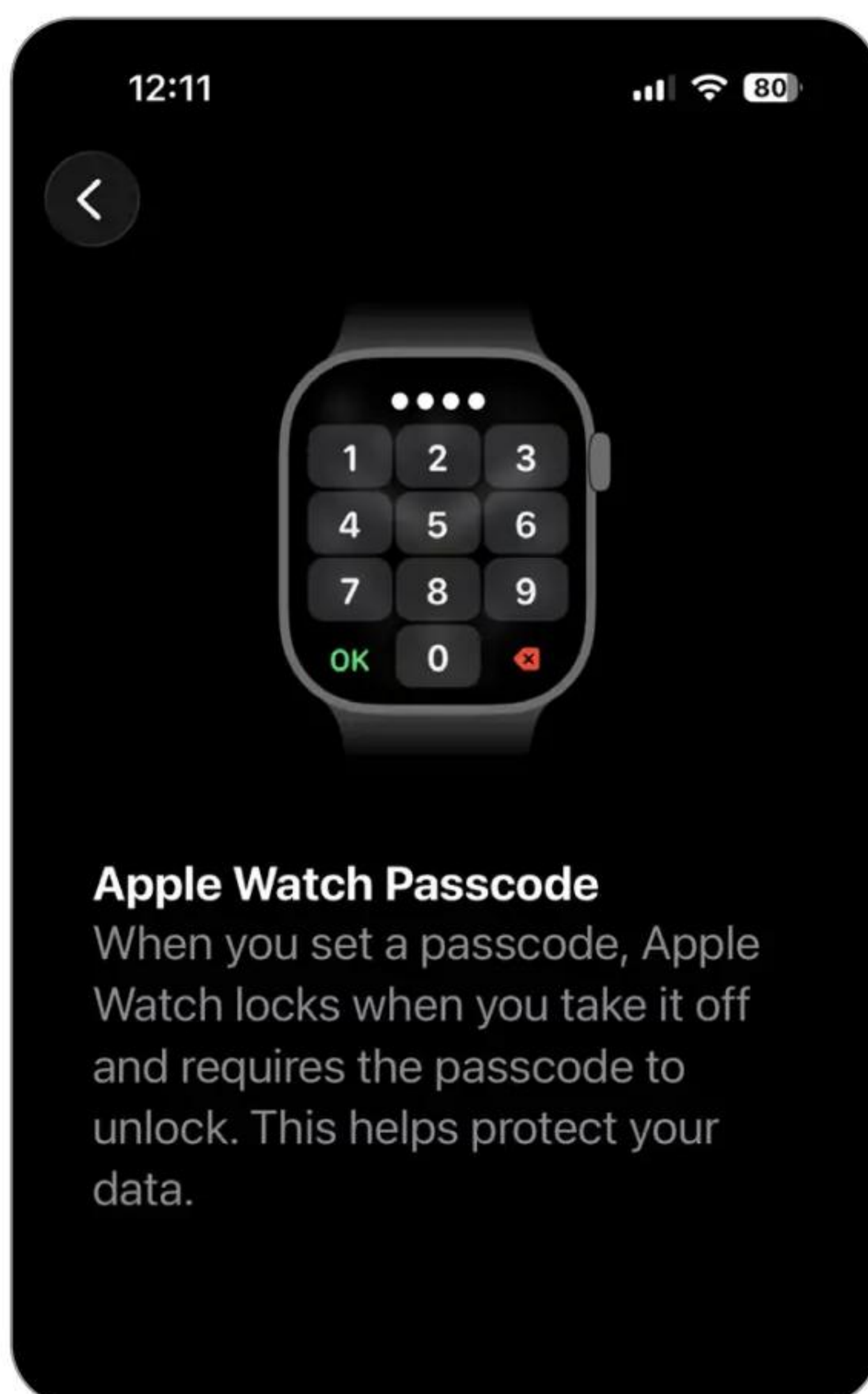
4 This is what you now see on your phone. You must hold it over your watch, which will show a swirling pattern. Keep the watch screen inside the yellow box on your iPhone screen. Hold it steady and keep it in place, and your devices are soon paired.



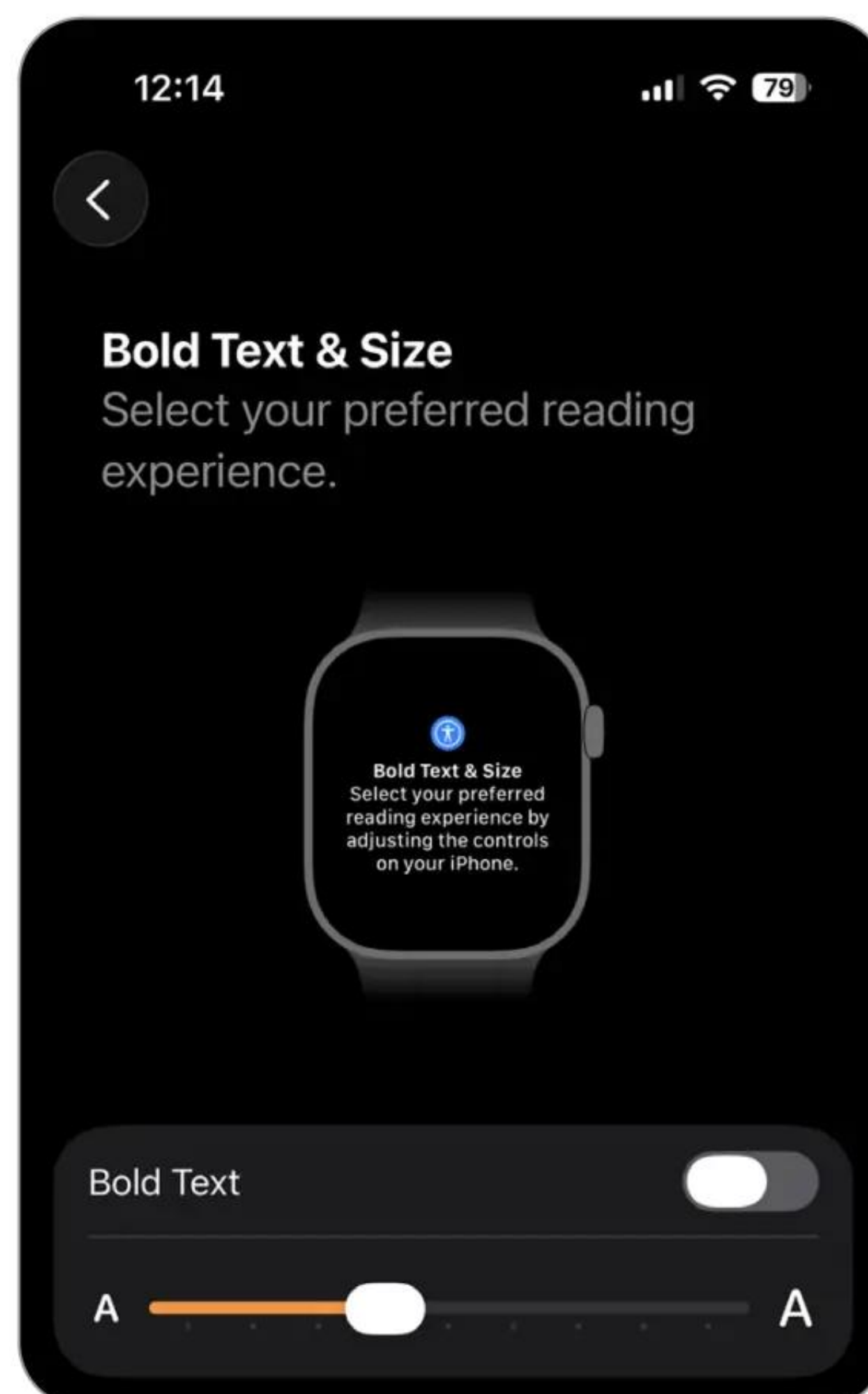
5 If there's a software update available for your Apple Watch, you're invited to install it now. You can choose to do so, or do it later. You're then told your Apple Watch is paired. Assuming this is your first-time setup, tap the Set Up as New Apple Watch button.



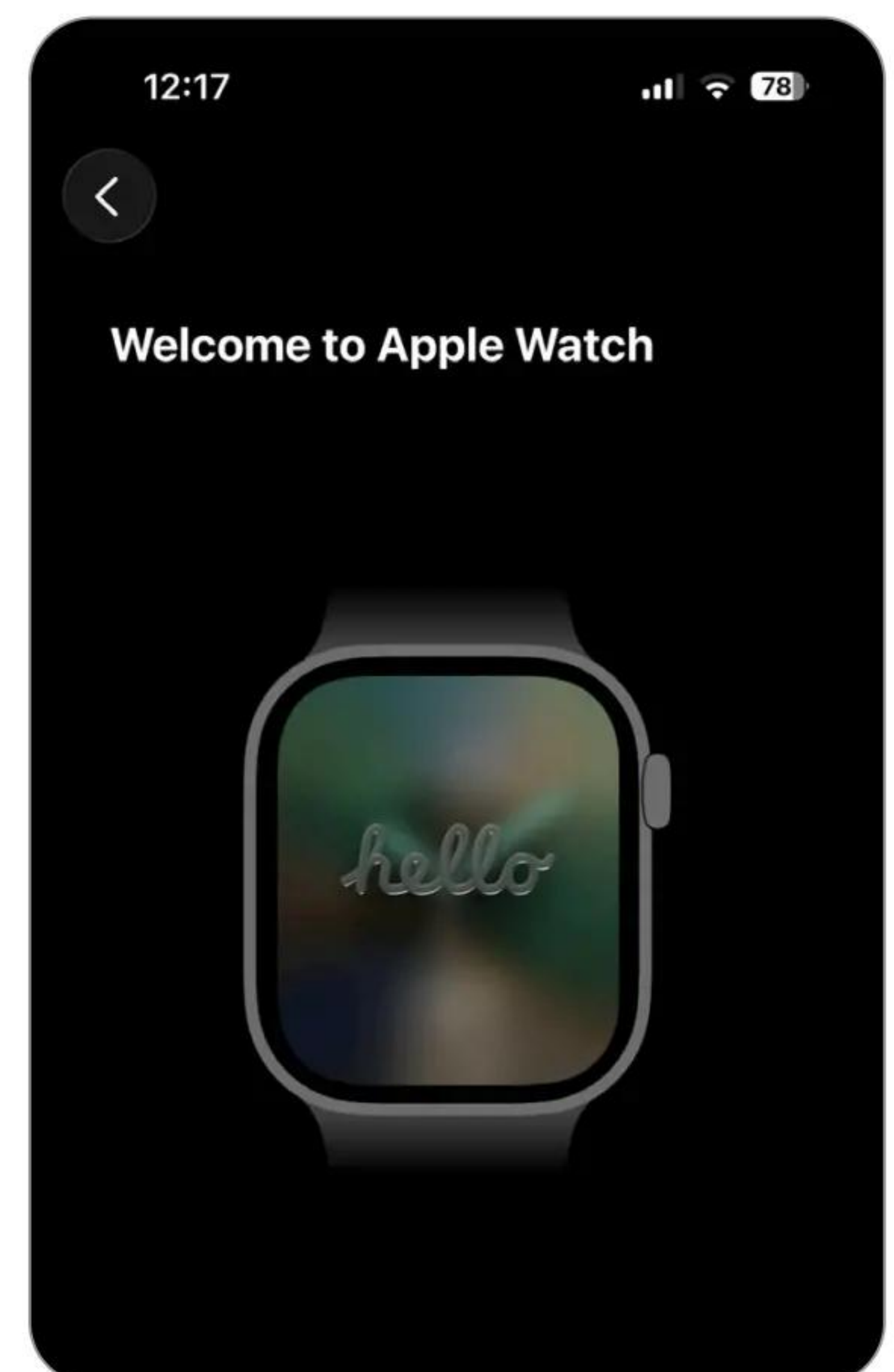
6 Follow the on-screen instructions and set the wrist on which you intend to wear your Apple Watch. Then you're shown the Terms and Conditions, which you must accept. When asked to do so, sign into your Apple Account with your password.



7 There then follows a series of settings to choose. Just follow the on-screen instructions as you go. You're invited to choose a passcode, so your Apple Watch can lock for security reasons when you take it off your wrist. Choose something you can remember.



8 Set a text size for your preferred reading experience. The default option is based on your iPhone settings, so you might want to go with that. Use the slider to change text size, and the switch to make the text bold if you find regular text hard to read.



9 After a few more options and information screens, which are pretty self-explanatory, you get to this screen – you've finished setting up your Apple Watch. Tap Done on your phone and Start on your watch, and you're ready to start using your Watch.



Upgrading Your Apple Watch

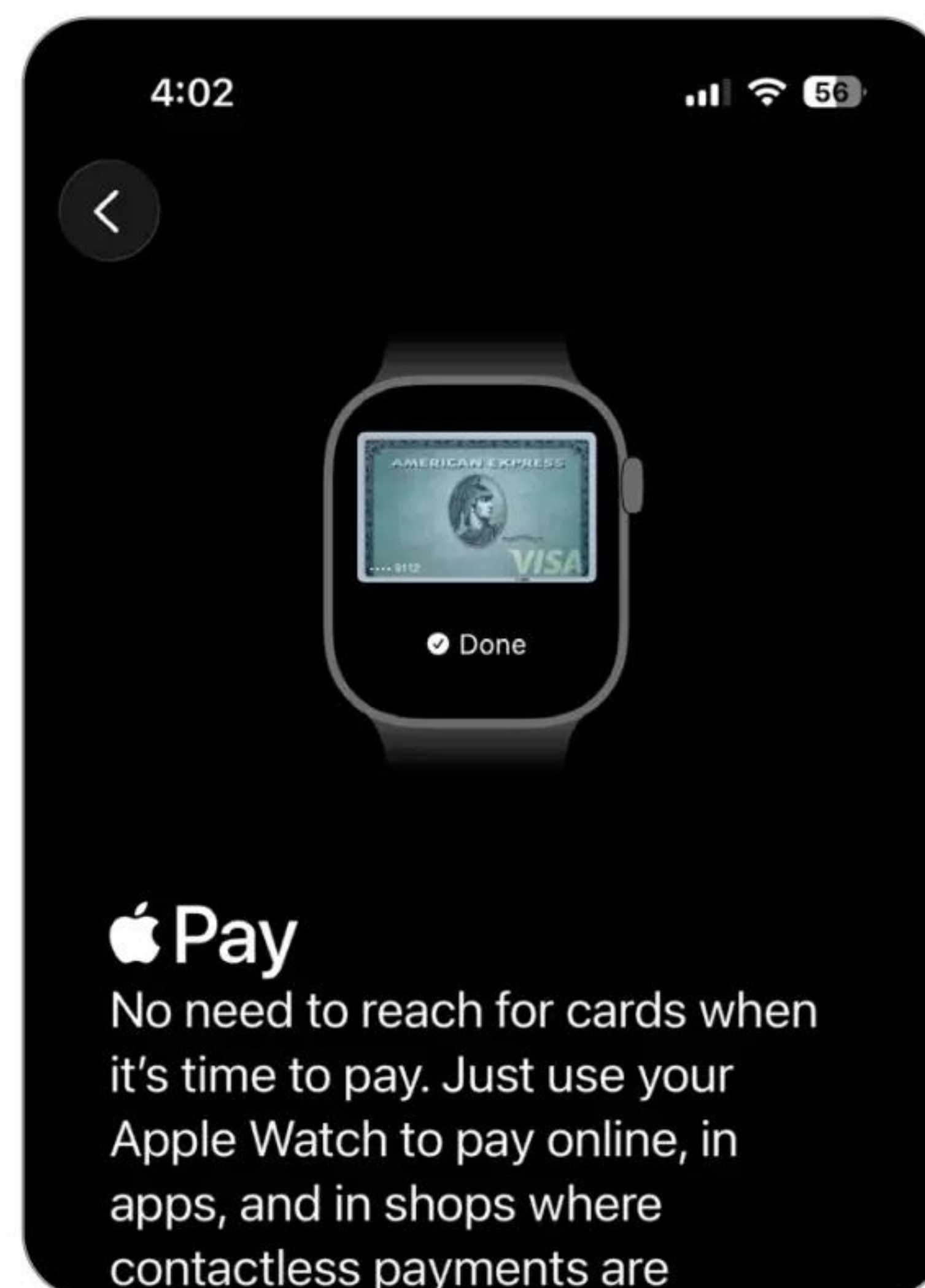
If you already own and use an Apple Watch, but want to upgrade it to a new one, this is how you go about it. It's a straightforward process where you back up and unpair it, then start again with your new Apple Watch.



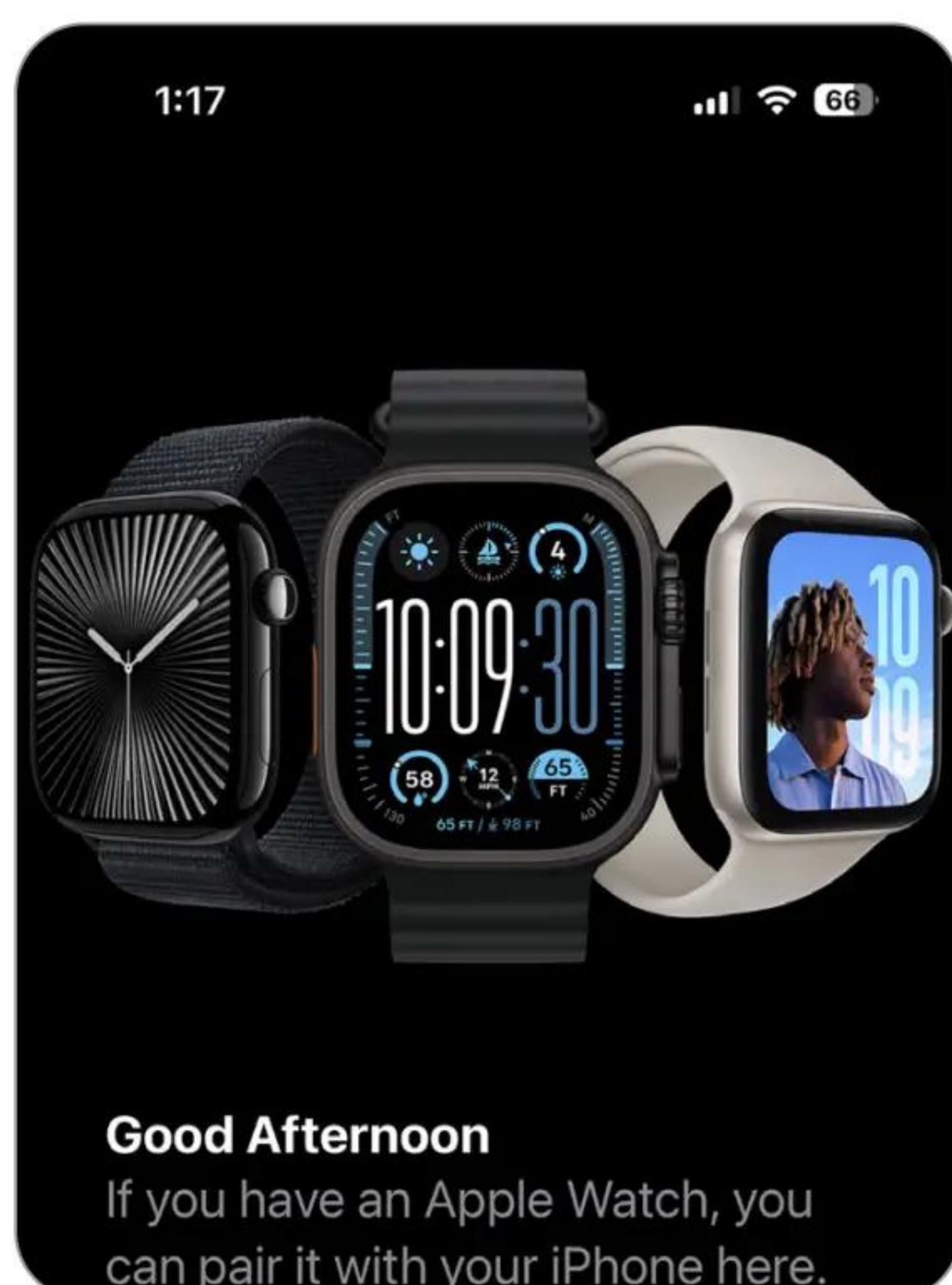
1 To back up your Apple Watch, first go into the Watch app on your phone. In the My Watch tab (bottom left), tap All Watches (top left), tap the 'i' icon next to your old watch, then tap Unpair Apple Watch and confirm. Make sure your watch and your phone are in close proximity.



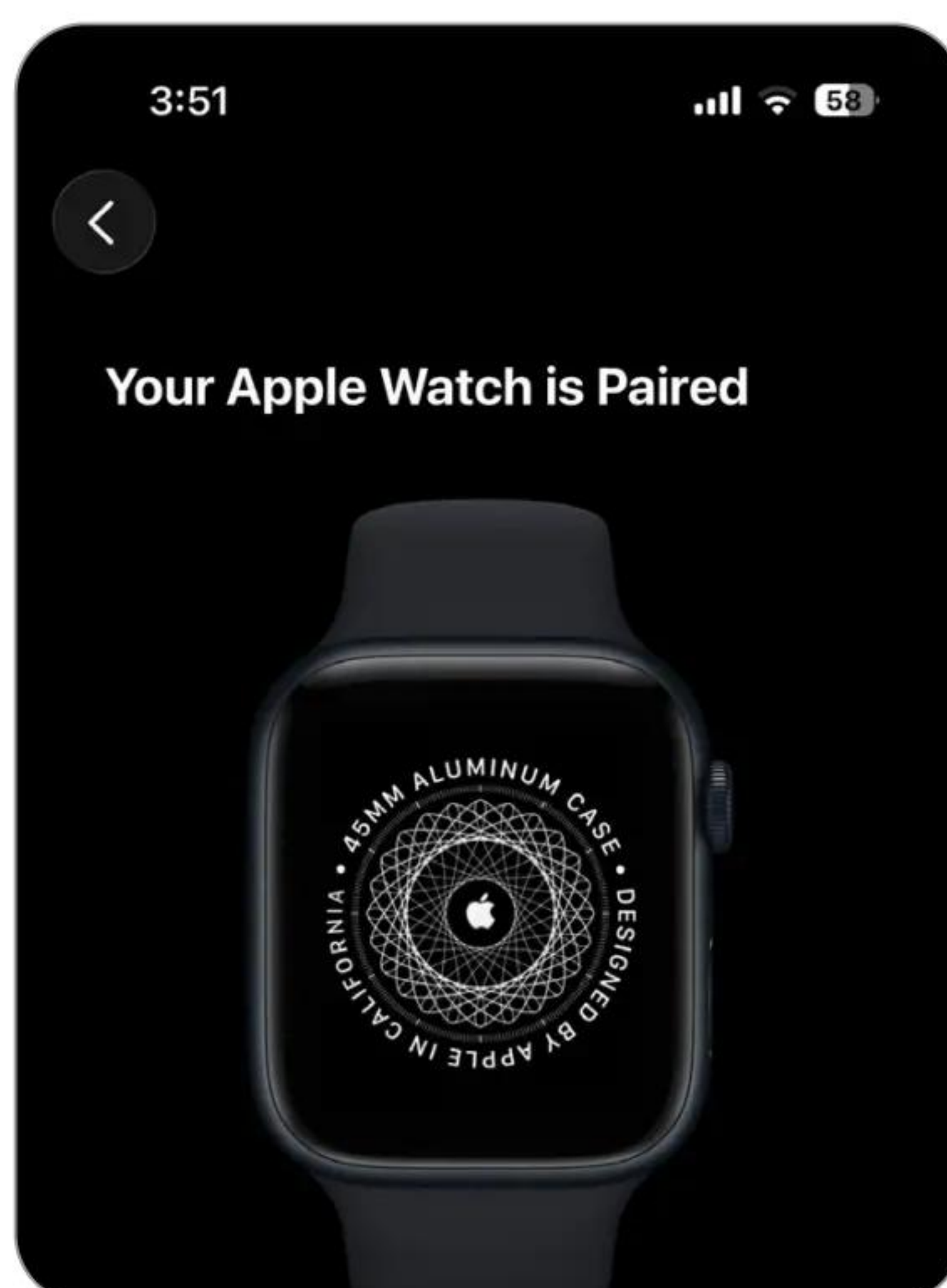
2 Enter your Apple ID password and the watch is backed up to your iPhone. A backup contains app specific data, your watch faces, Wi-Fi network settings, brightness, sound and haptic settings, languages, your time zone and settings for Mail, Calendar, Stocks and Weather.



3 A backup does not contain Bluetooth pairings, your Apple Watch passcode, credit or debit cards saved for use with Apple Pay or playlists synced to your Apple Watch; all these things will have to be re-entered manually when you pair a watch with your iPhone again.



4 On your iPhone, open the Watch app. You see this screen, as you no longer have an Apple Watch paired with your phone. With your New Apple Watch and your iPhone in close proximity, tap the Start Pairing button.



5 Follow the on-screen instructions to pair your watch with your iPhone, as described in our First-time Set-up tutorial. You're then asked whether to restore from backup or set up as a new watch. Choose the former.

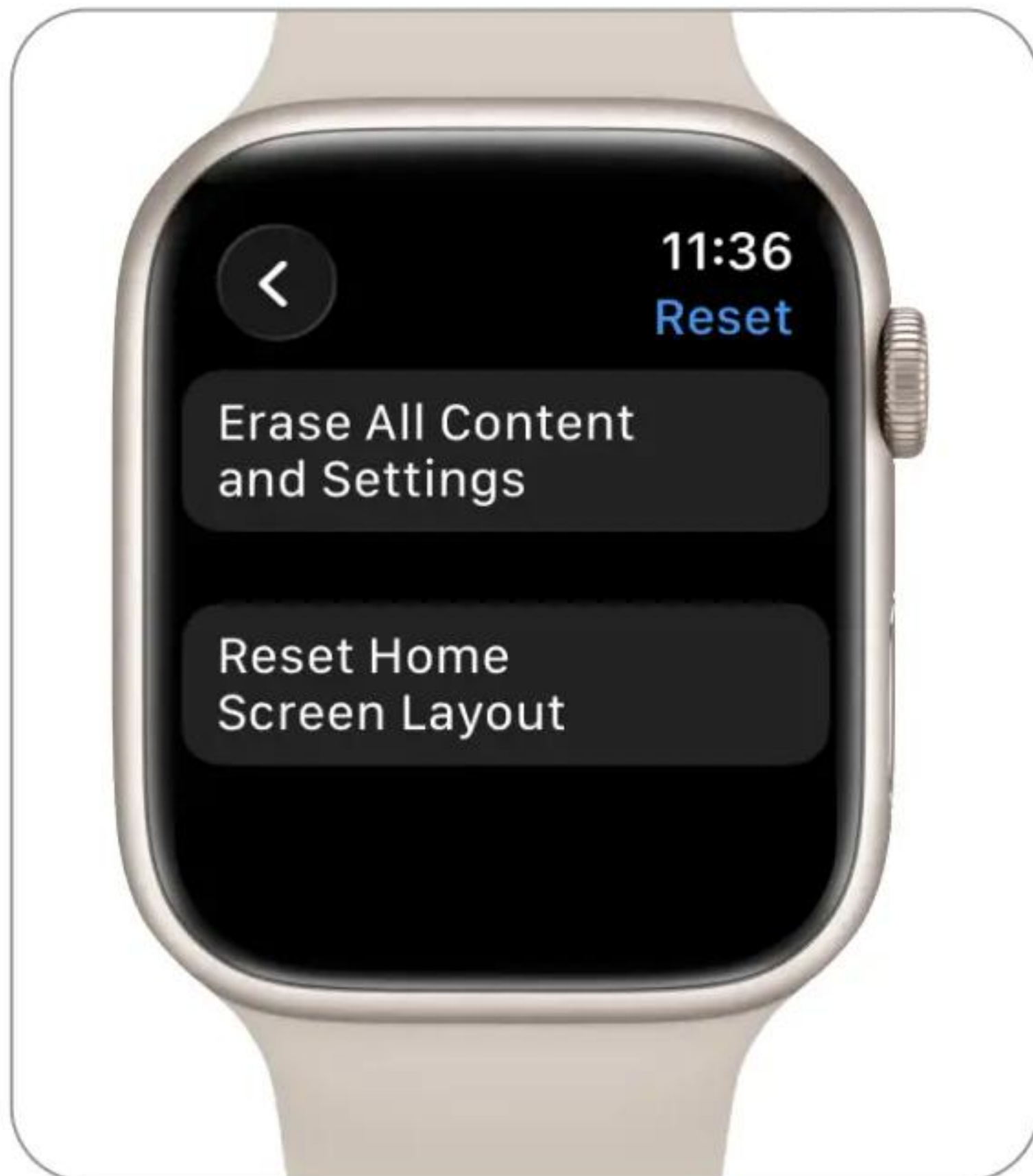


6 Choose a backup to restore. This will probably be the one at the top of the list, that is, the one you made earlier in this tutorial. Tap it, tap Continue and your backup is restored to your new Apple Watch.



Restoring Apple Watch to Factory Settings

If you upgrade your Apple Watch, what do you do with your old one? Here's a guide to restoring it to factory settings, that is, wiping it clean ready to start again, so you can sell it or give it away to a friend or family member.



1 On your Apple Watch, open the Settings app and then tap General. On the next screen, tap Reset. Choose the Erase All Content and Settings option, and then enter your Apple Watch's passcode.



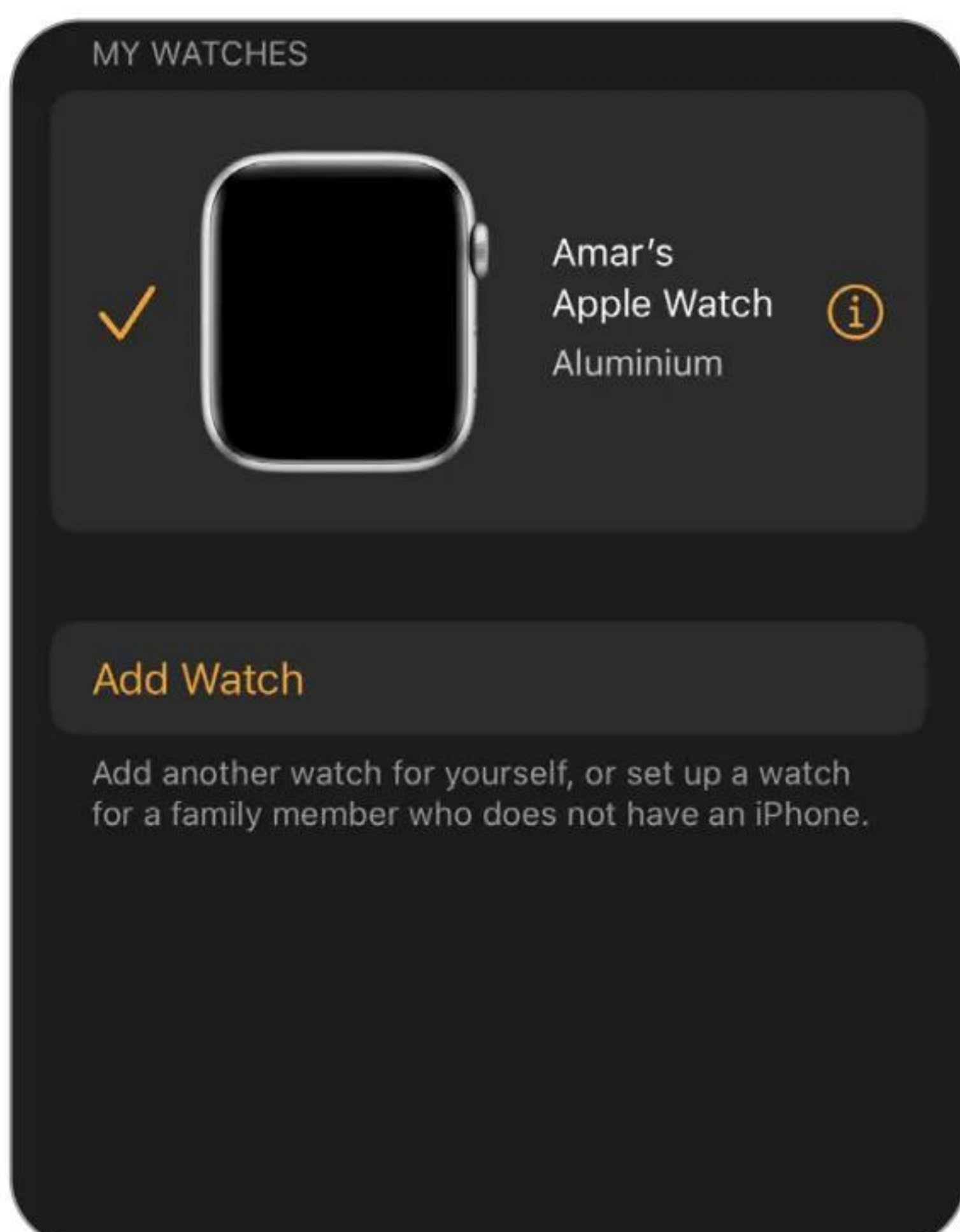
2 If you have a watch with a cellular option, you can then choose to Erase All or Erase All & Keep Plan. If you intend to carry on using the watch, choose the latter. If you're disposing of it, choose the former.



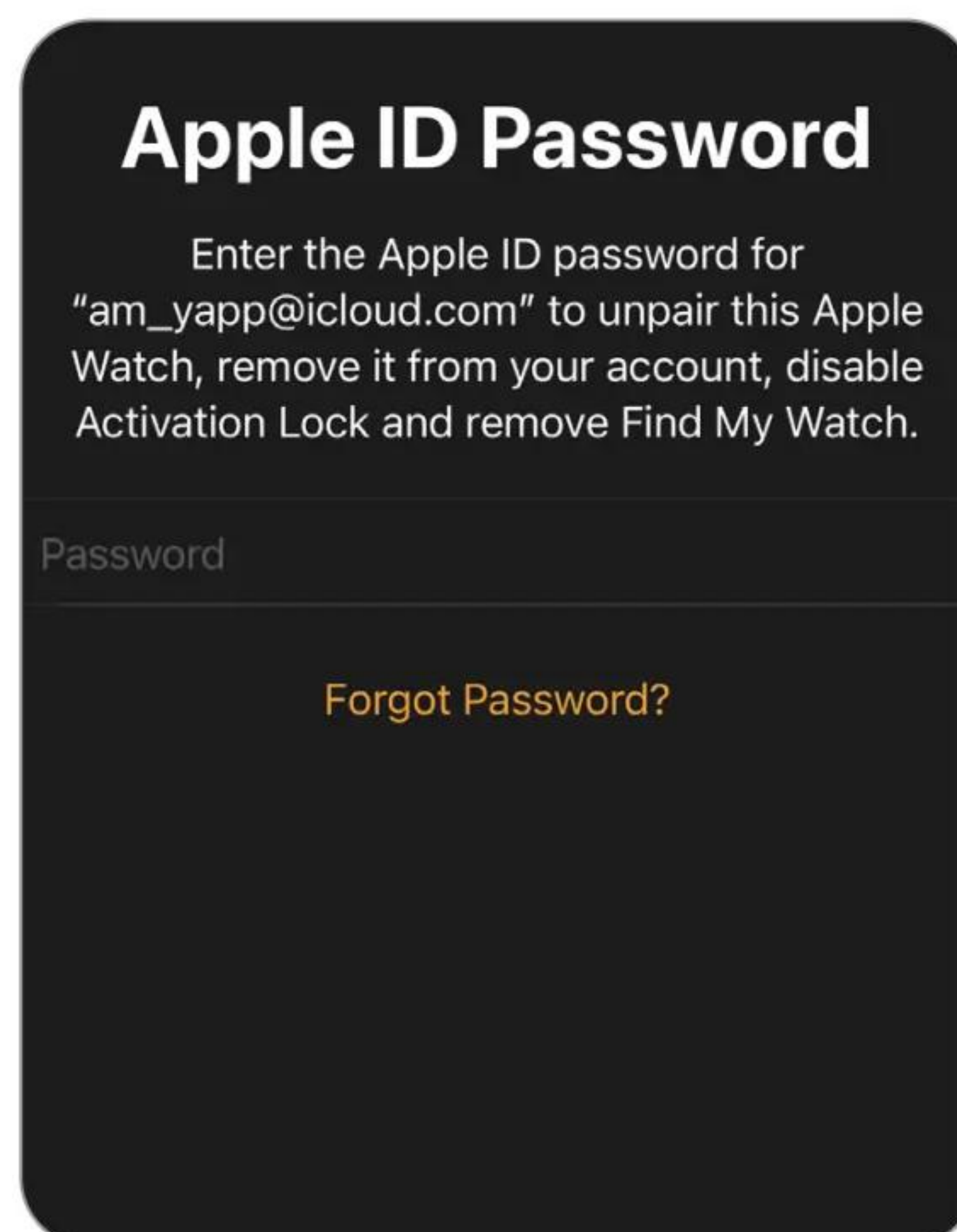
3 If you've forgotten your Apple Watch passcode, place your watch on its charger and hold the side button until you see Power Off. Press and hold the digital crown, and then tap Reset.

Pairing with a New iPhone

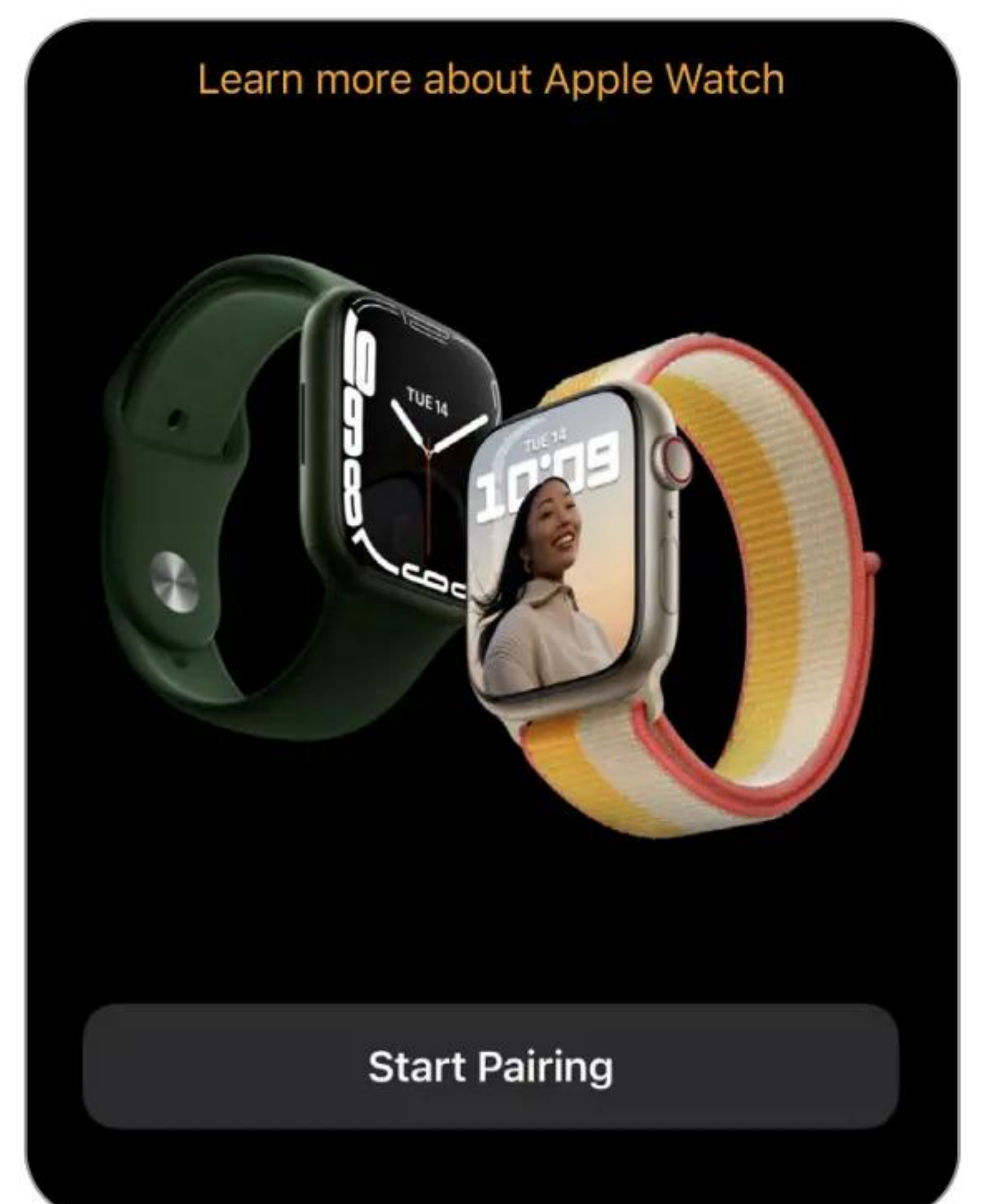
If you upgrade your iPhone but want to carry on using your current Apple Watch, first make sure both your iPhone and your Apple Watch are fully charged. Then follow these instructions...



1 With your Apple Watch and your old iPhone in close proximity, open the Watch app and in My Watch (bottom left), tap All Watches (top left). Tap the 'i' next to your watch, tap Unpair Apple Watch.



2 Confirm you want to unpair, and then type in your Apple ID password to remove the watch from your account. Your watch is unpaired from your old iPhone; this might take some time.



3 When you're done, on your new iPhone (when you've set it up), open the Apple Watch app and open the Watch app. You can now pair your Apple Watch with your new iPhone in the usual way.



Updating watchOS on Your Watch

watchOS is the operating system on which the Apple Watch runs. It underpins everything that happens on your Apple Watch. watchOS is regularly updated by Apple, and when there's a new version available, you get a notification. You can then update your Apple Watch directly from the watch itself, or through your iPhone's Watch app. Here's how.

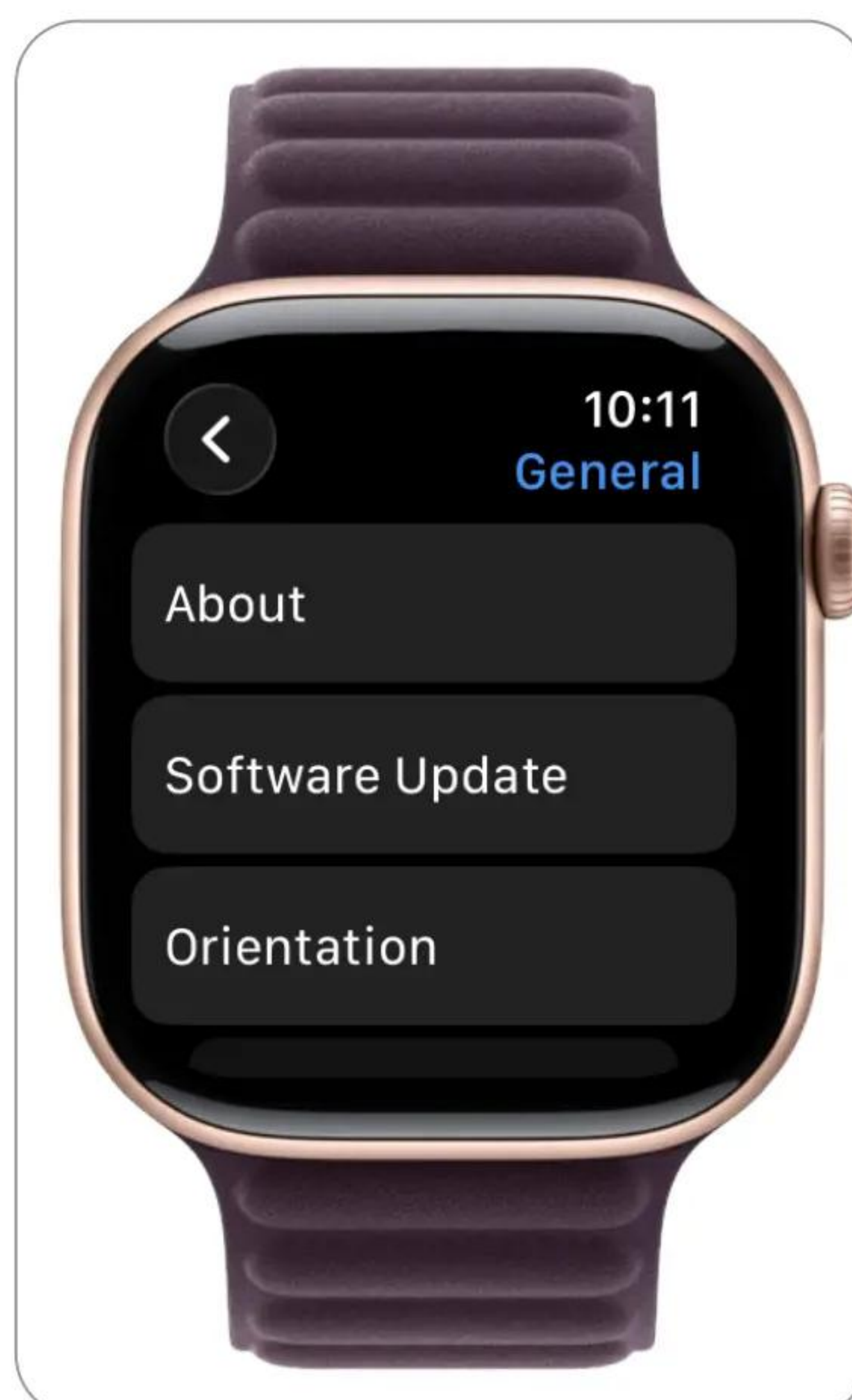


On Your Watch

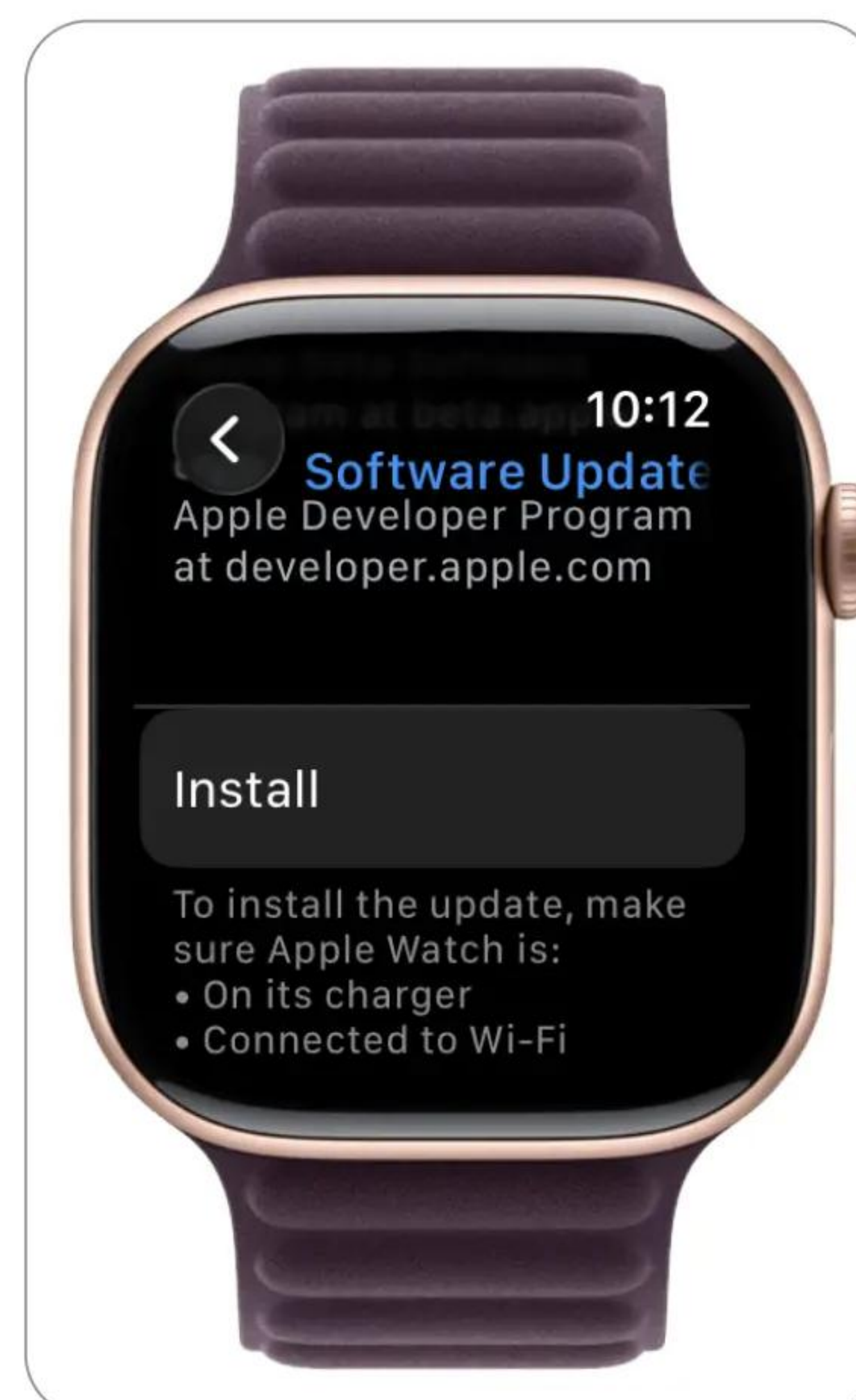
If your Apple Watch is already running watchOS 6 or higher, you can update directly from your watch. If it isn't, you might be very out of date. Follow the guide to updating on your iPhone instead.



1 If you get a notification like this, there's a new version of watchOS you can install on to your Apple Watch. To install overnight, scroll up and tap Install Tonight, then leave your watch on a charger overnight.



2 To install immediately from your Apple Watch, place the watch on your charger, and make sure it's connected to your Wi-Fi network. On your watch, go to Settings > General > Software Update.

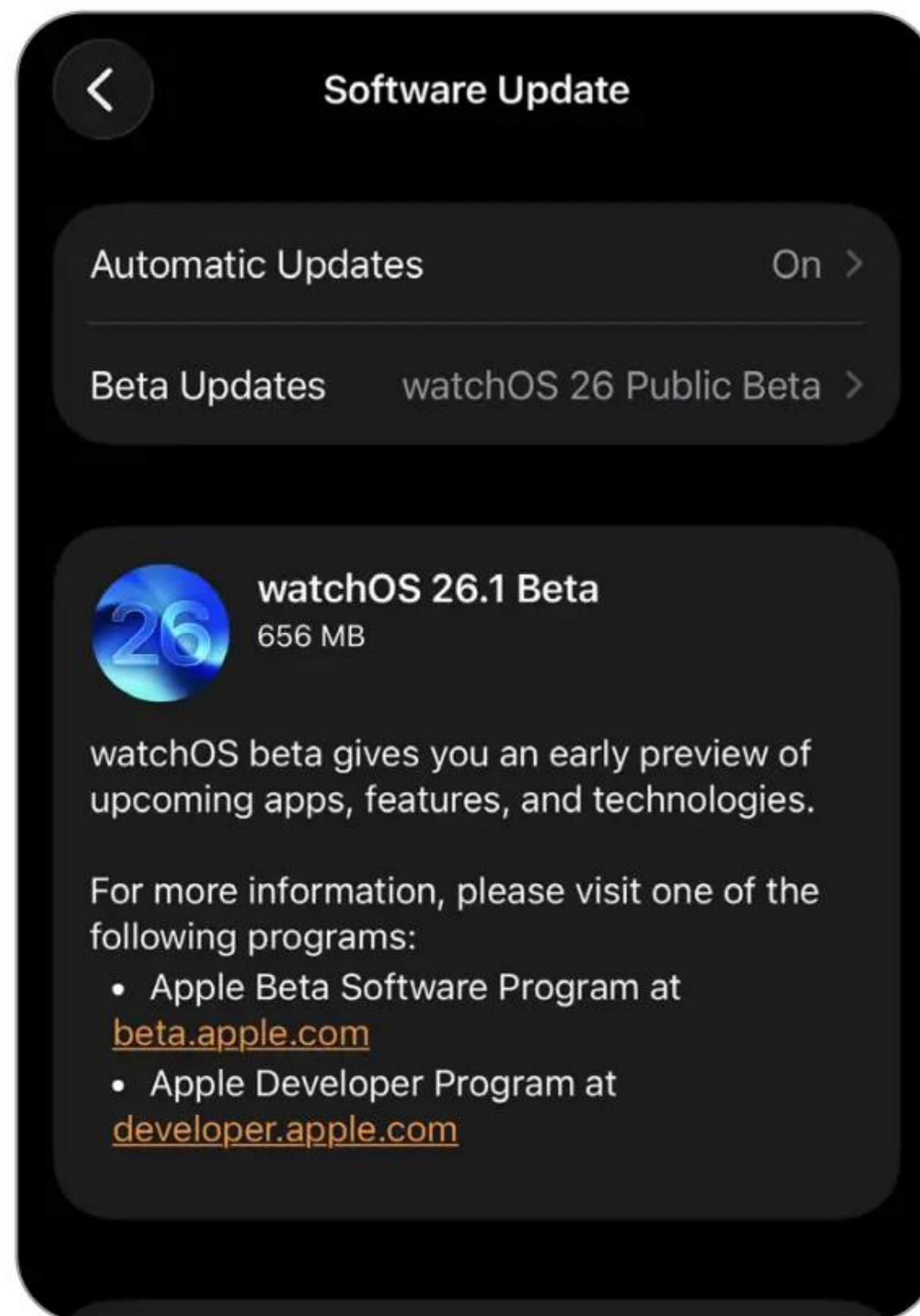
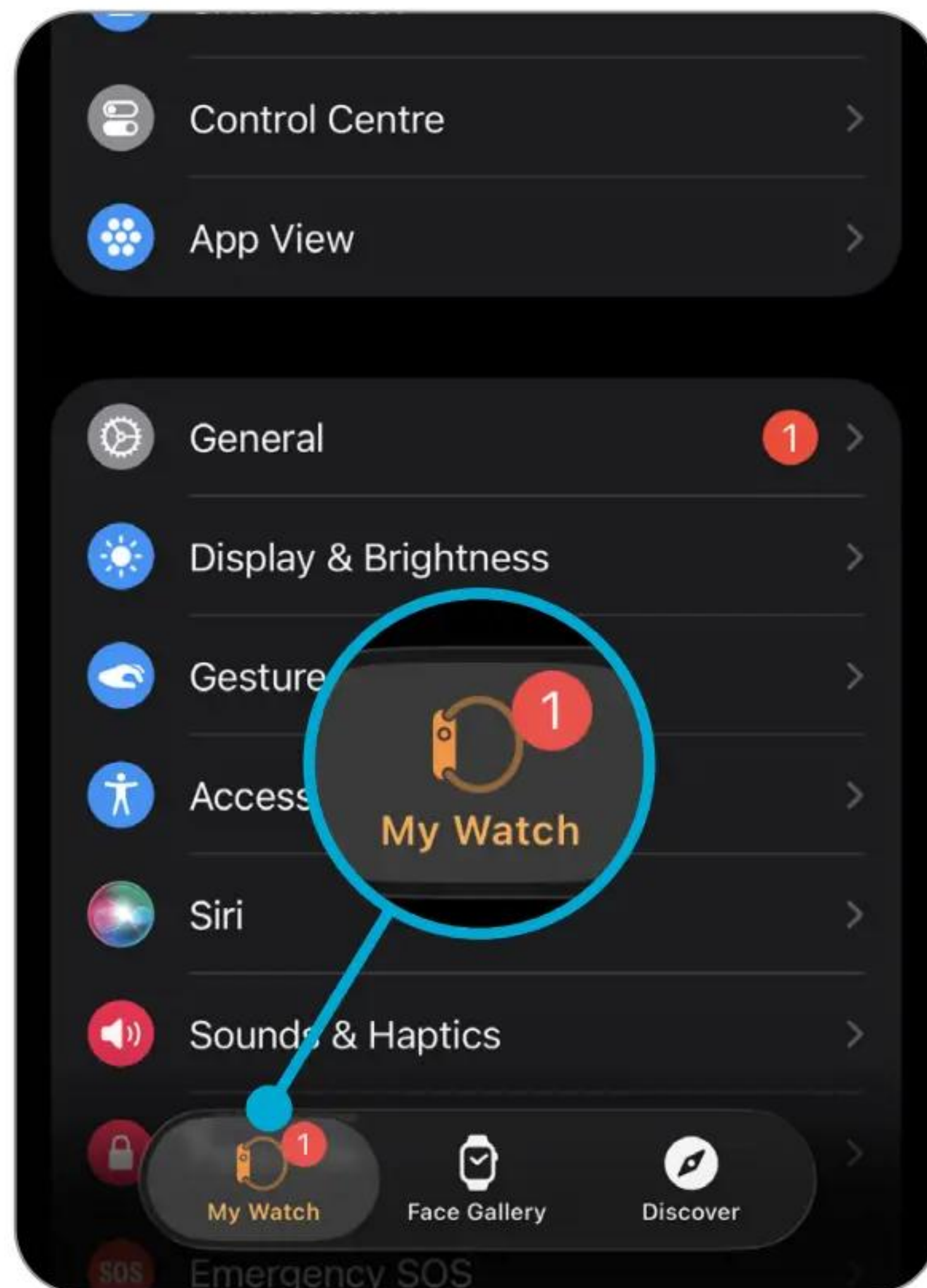


3 On this Software Update screen, scroll up and tap the button marked Install. The install only starts when your watch is 50 percent charged. When it's finished the watch restarts to complete the update.



Update Using Your iPhone

You can update your version of watchOS using your iPhone instead. Make sure your watch is connected to your watch charger throughout the update process, which begins when it's 50 percent charged.



1 On the iPhone with which your Apple Watch is paired, open the Watch app and make sure the My Watch section is open (bottom left). Tap the General link and you'll see Software Update is badged.

2 Tap Software Update and you're taken to a screen explaining exactly what's new in the new version of the operating system, with a link to a more complete description on Apple's support site.

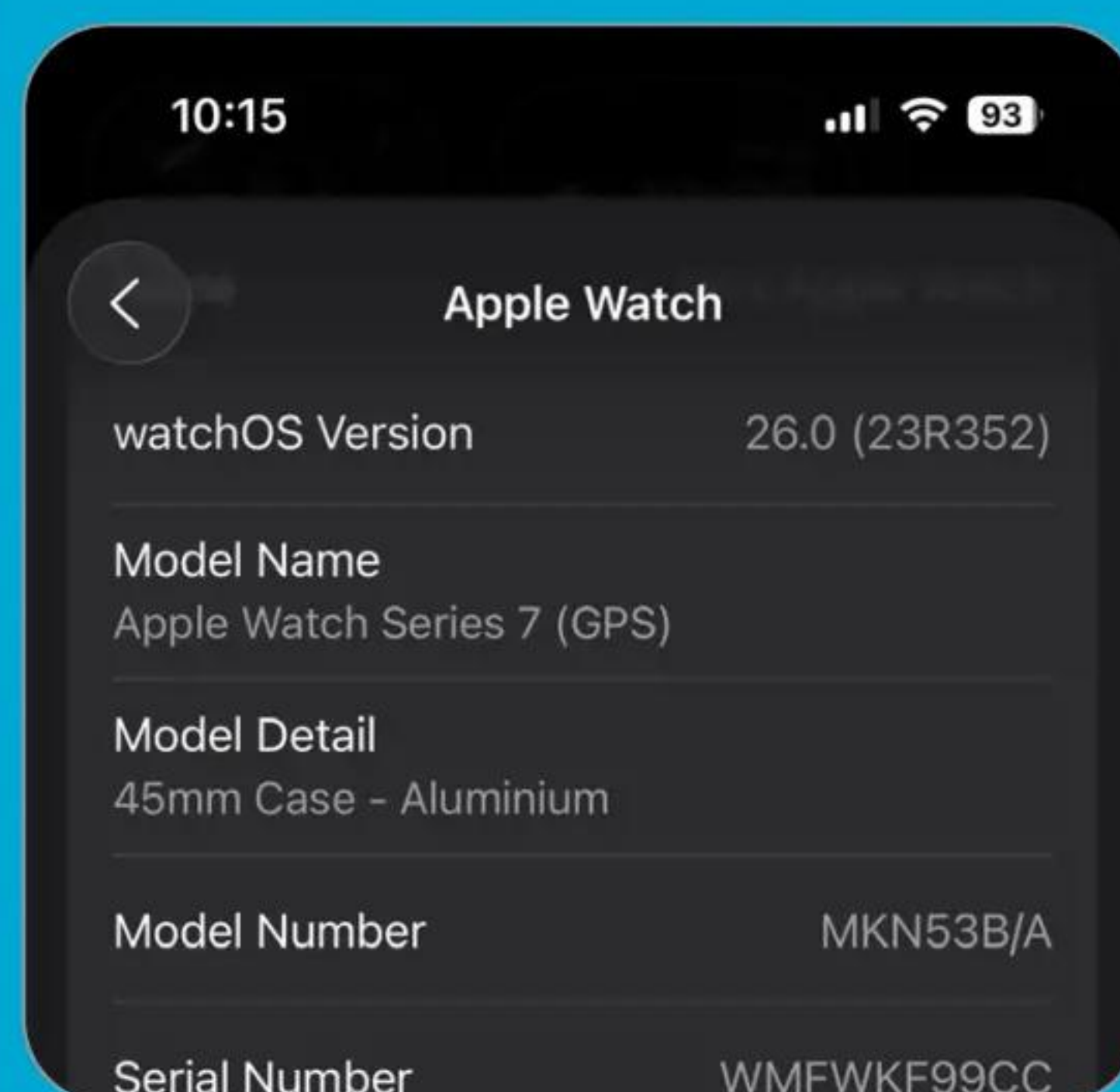
3 Also on this screen is the Install button. Make sure your watch is connected to your charger and at least 50 percent charged. If it's low on power, the update starts when the charge reaches 50 percent.



4 Tap Install, enter your passcode and then Agree to the terms and conditions. The update process starts; it may take some time. Don't remove the watch from its charger until the install is finished.

Need Storage Space?

If you need more free storage space before you can update your Apple Watch, first of all, restart it; press and hold the side button, then press and hold the digital crown. If that fails, try these steps.



1 First of all, unpair your Apple Watch from your iPhone. On the phone's Watch app, go to My Watch > All Watches and tap the 'i' icon next to the watch in question. Tap the Unpair link and confirm.

2 Pair your watch with your iPhone again (see the Getting started with Apple Watch tutorial), and set it up as a new watch. Update the watch, then unpair it again. Finally, pair it and choose to Restore from Backup.



Apple Watch Gestures and Buttons

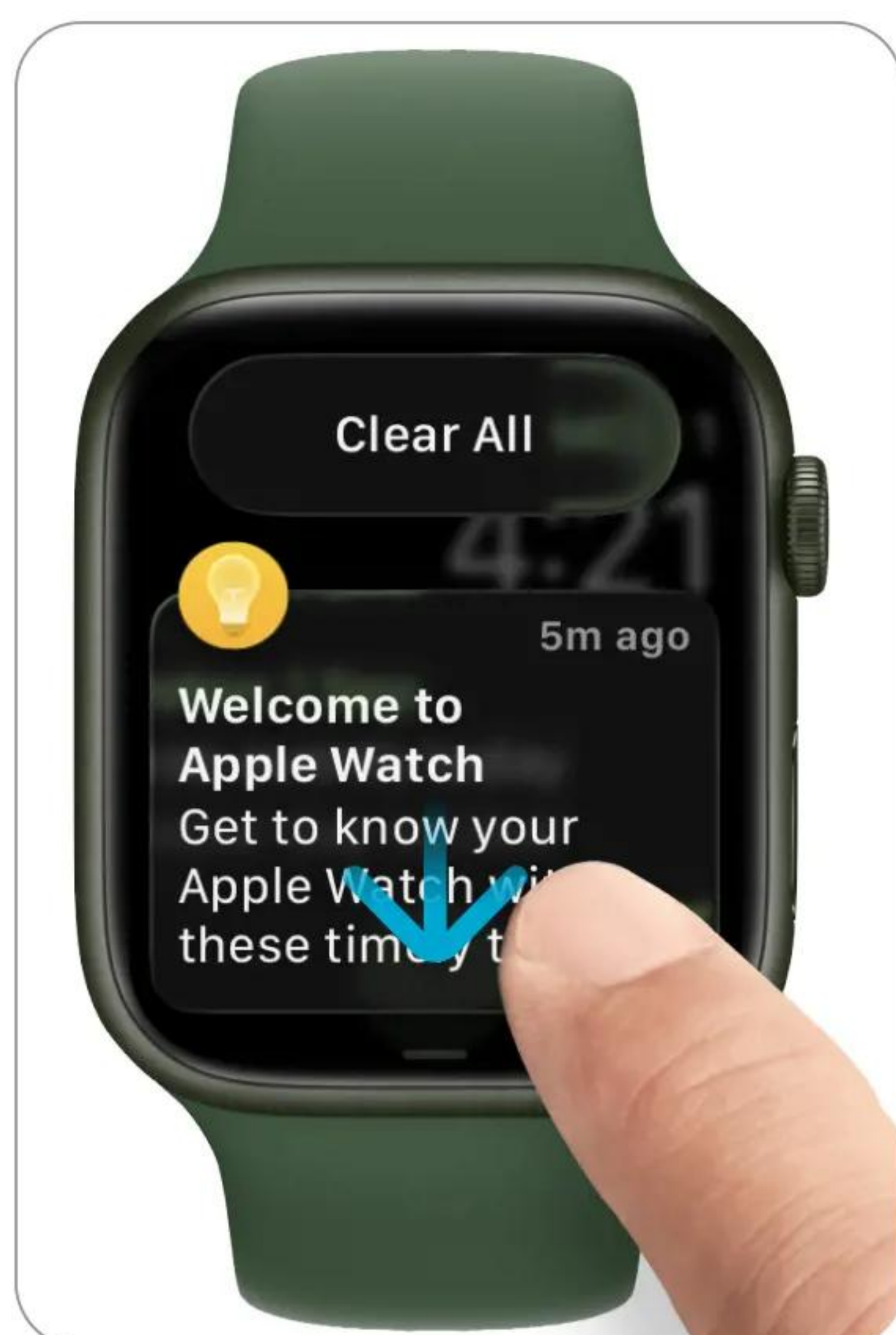
Apple pioneered gestures with its touchscreen iPhone and iPad, and also with trackpad gestures used to interact with your Mac. It comes as no surprise then that Apple Watch also uses gestures, along with controls offered by the side button and the Digital Crown. Here we take a look at how to use those gestures to operate your watch and what they do.



Interacting With Your Apple Watch

Although the gestures offered by the Apple Watch aren't as advanced or as comprehensive as those used in iOS devices or on the Mac, it's definitely worth taking a little time to familiarise yourself with these controls.

Swipe Down



From the main watch screen, swipe down to access the Notification Screen. A red dot at the top of the watch face means you've unread notifications. To get back to the watch screen, swipe up again or press the Digital Crown.

Swipe Up



Swiping up from the watch face takes you to your widgets screen, giving easy access to apps you use a lot. Scroll all the way up with the Digital Crown and tap the Edit button and you can customise it to suit yourself.

Swipe Sideways



Tap and hold the screen to access the Watch Faces picker. You can then swipe them left and right to find one you like, tap a face to use it or tap Edit to set it up however you like, choosing complications.



The Side Button



Since watchOS 10, pressing the Side Button gives access to the Control Centre. You can summon the Control Centre whether you're on the main watch face screen or using an app. Roll the Digital Crown to see more.

The Digital Crown



Press on Digital Crown for the app screen and again to go back. Turn it to see more apps, or to scroll menus, or zoom in and out. Double press for a carousel of recently used apps. Press and hold for Siri.

Wrist Flick



In watchOS 26, you can turn your wrist away from you to mute incoming calls, silence timers, dismiss notifications and more. You have to be using an Apple Watch Series 9 or Apple Watch Ultra 2, though, and it doesn't work on the SE.

Tap Screen



The Apple Watch has a touchscreen, so unsurprisingly, its most basic gesture is a simple tap. Do this to operate on-screen buttons and to select options. For example, tap an app icon on the home screen to open it.

Quick Actions



When not in use, the Apple Watch's screen dims, or on older models turns off altogether, to save battery power. To wake it or bring it to full brightness, lift your wrist to your face, tap the screen or press any button.

Double Tap



If you have a Series 9 Watch or an Ultra 2, you can use a new gesture. Tapping your thumb and forefinger together, without touching your watch, can answer a call, pause/play music, snooze an alarm, trigger your camera shutter and more.



Customising the Apple Watch Face

One of the best things about Apple Watch is you can change your watch face. If you get bored with the one you're using, swap it for another. Most of the faces on offer can be customised too, both cosmetically and on a practical level, changing the complications that draw information from Apple Watch's apps. Some faces aren't available on some older models.



Changing Your Watch Face

Changing and customising your watch face is easy. There are currently eleven unique faces to choose from, all of which can be customised, and two options to use your own photographs as a face for your Apple Watch.



1 To cycle between available faces on your Apple Watch, deep press the watch face until the face picker screen appears, as seen above. Swipe left or right or turn the Digital Crown until you find the face you want.



2 Tap, hold and drag a watch face to reorder, drag one upwards and tap Remove to delete it. When you've chosen your watch face, tap it to use it, or tap the Edit button to get to the editing screen.



3 To add a new watch face, scroll/swipe all the way to the right and tap the Plus button. You can have up to 50 watch faces active at once – if the Plus button isn't there, you've reached that number.



Choosing and Using Complications

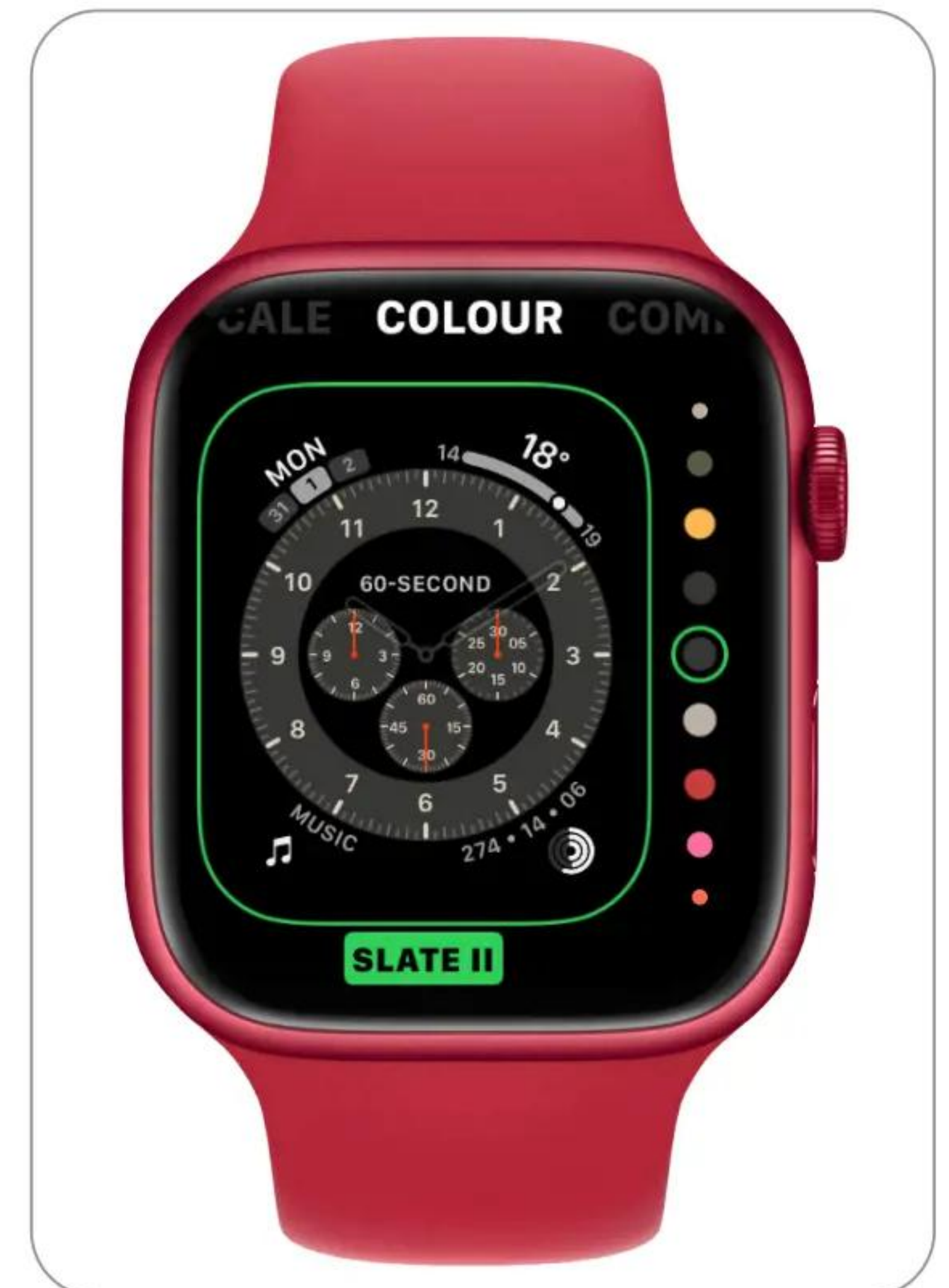
Complications are special features you can add to your watch face. Taking information from the watch's apps, they offer things like calendar appointments, the date and world time at a glance. Here's how to use them.



1 Complications give you information gleaned from Apple Watch apps at a glance, and also an easy way of opening the app that produced them. To edit your complications, first tap and hold the screen.



2 Tap the Edit button. Swipe left and right to see what you can customise. Scroll up and down using the Digital Crown to see the variations, in real time. Settle on the one you want.



3 A lot of watch faces let you change various on-screen colours too. It could be as much as the entire background, or as little as a second hand, but you change it with the Digital Crown.



4 Swipe to the Complications screen. The Complications are outlined, so you can see where they are. The number of Complications and their position on the screen varies between watch faces.



5 Tap one of the Complications on the watch face. You can change the app Complication by scrolling up and down with the Digital Crown. Complications are listed in alphabetical order.



6 When you've finished, and the watch face is set up exactly how you want it, press the Digital Crown to go back to the Edit. Tap the watch face (or press the Digital Crown), to use your new watch face.



Palette and Snoopy Faces



The gorgeous Palette watch face uses three distinct overlapping layers. It changes colour over time, and there's a range of colours to choose from. It looks amazing on your wrist.



The Snoopy face offers four clock designs, several colour options and interactive characters from the world-famous Peanuts cartoons. The characters interact with the watch hands, react to the weather and even work out with you when you're doing your exercise. They're great fun, and ideal for when you're not being serious.

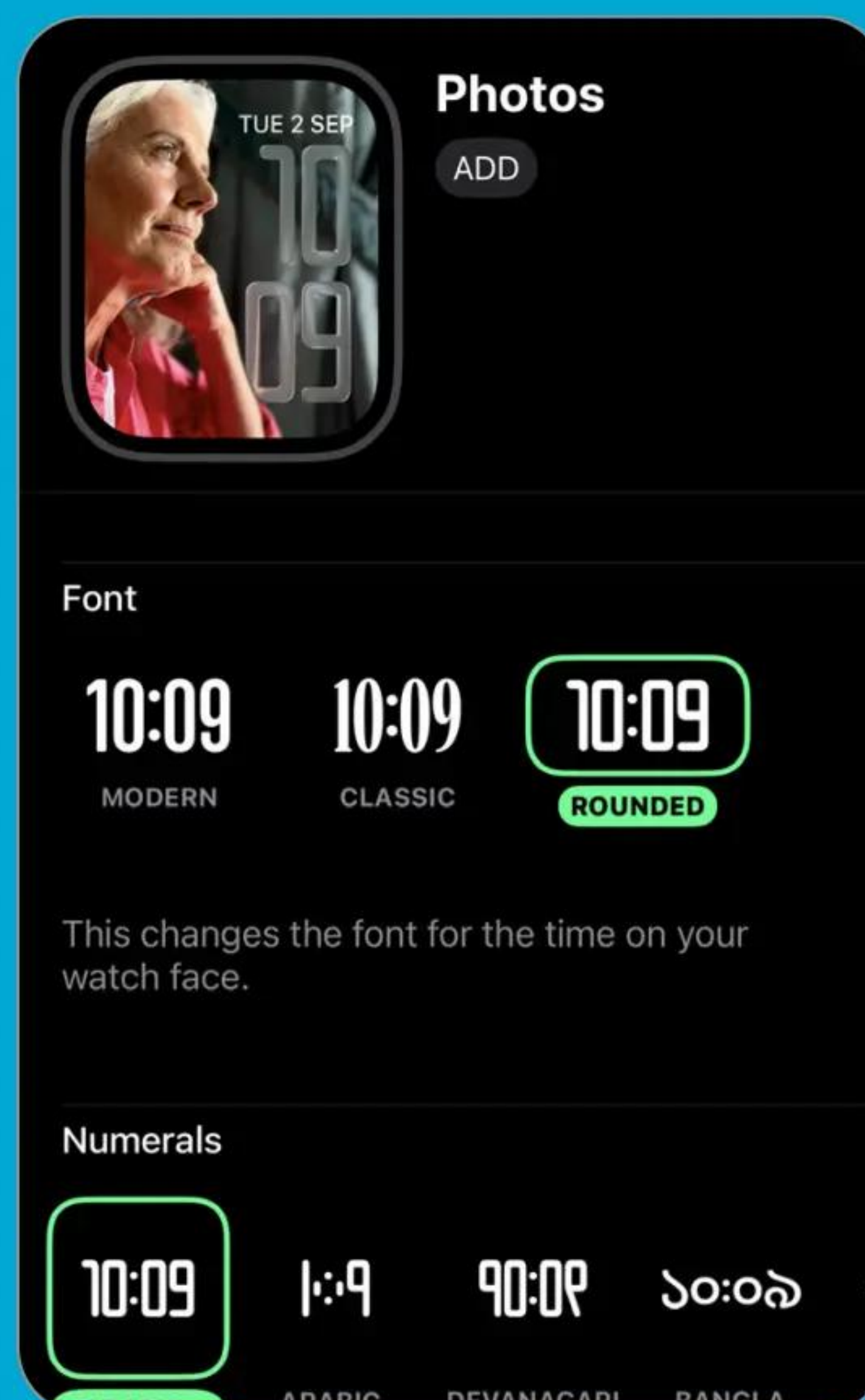
Using photos for your watch face



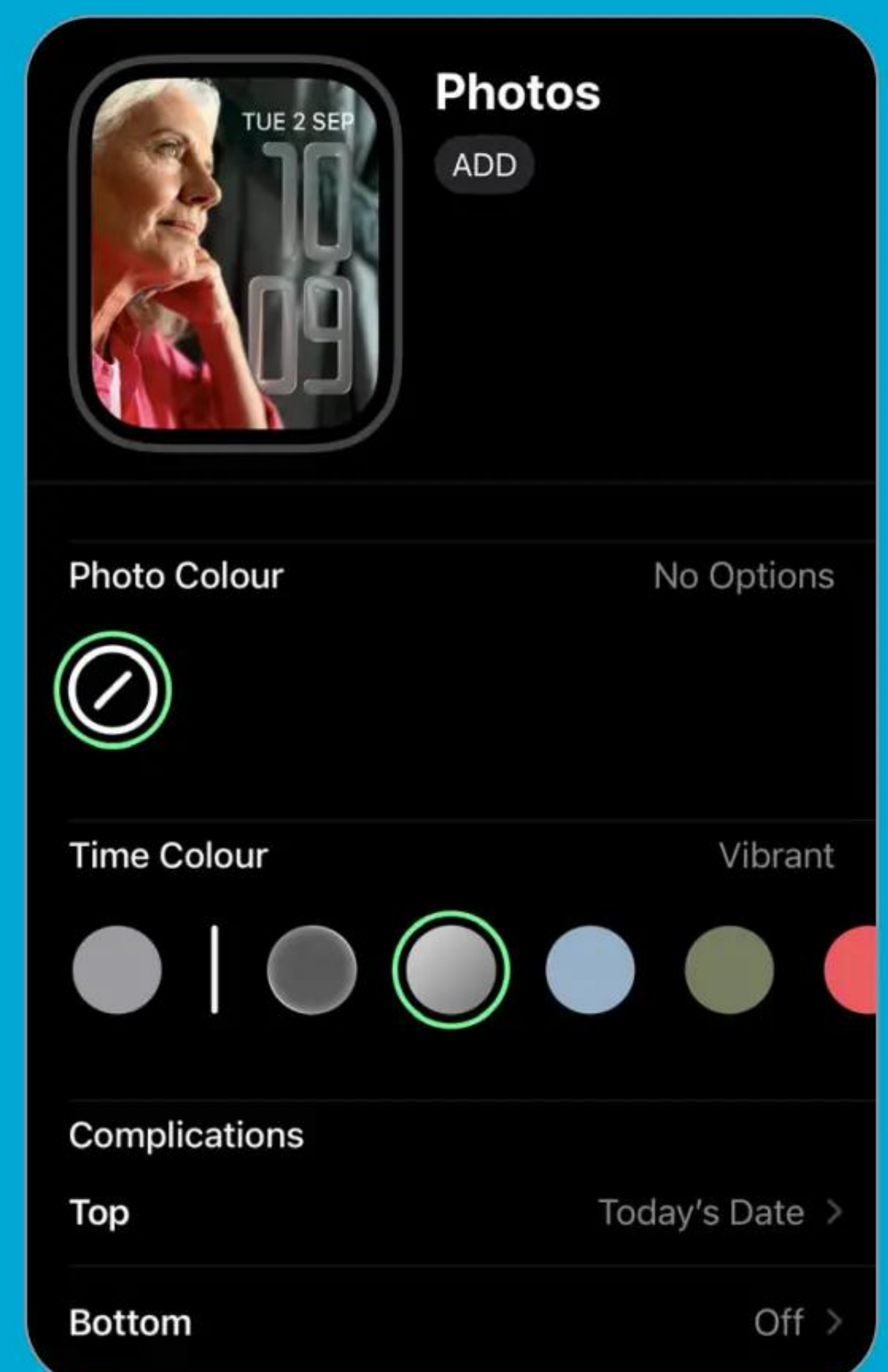
1 In the iPhone's Watch app, tap Face Gallery, then tap the Photos face. Tap a watch face on the info screen and on the next page, tap Shuffle (to use any photos) or Choose Pictures. Tap Collection if you want to choose an album.



2 If you use the Choose Photos option, navigate to the pictures you want to use as watch face photos. Tap all the pics you want to use; they're badged with a tick. When ready, tap the tick in the top right corner of the screen.



3 Scroll up to the options you can use to customise your Photos watch face. You can choose a size for the time digits, make them a different font, use non-Arabic numerals, stylise the colour scheme change colours and more.



4 At the foot of the screen, add complications if you wish. When you're done, tap Add and the photos face is added to your Apple Watch's faces range. The face cycles through pictures you chose, giving them all your new design.

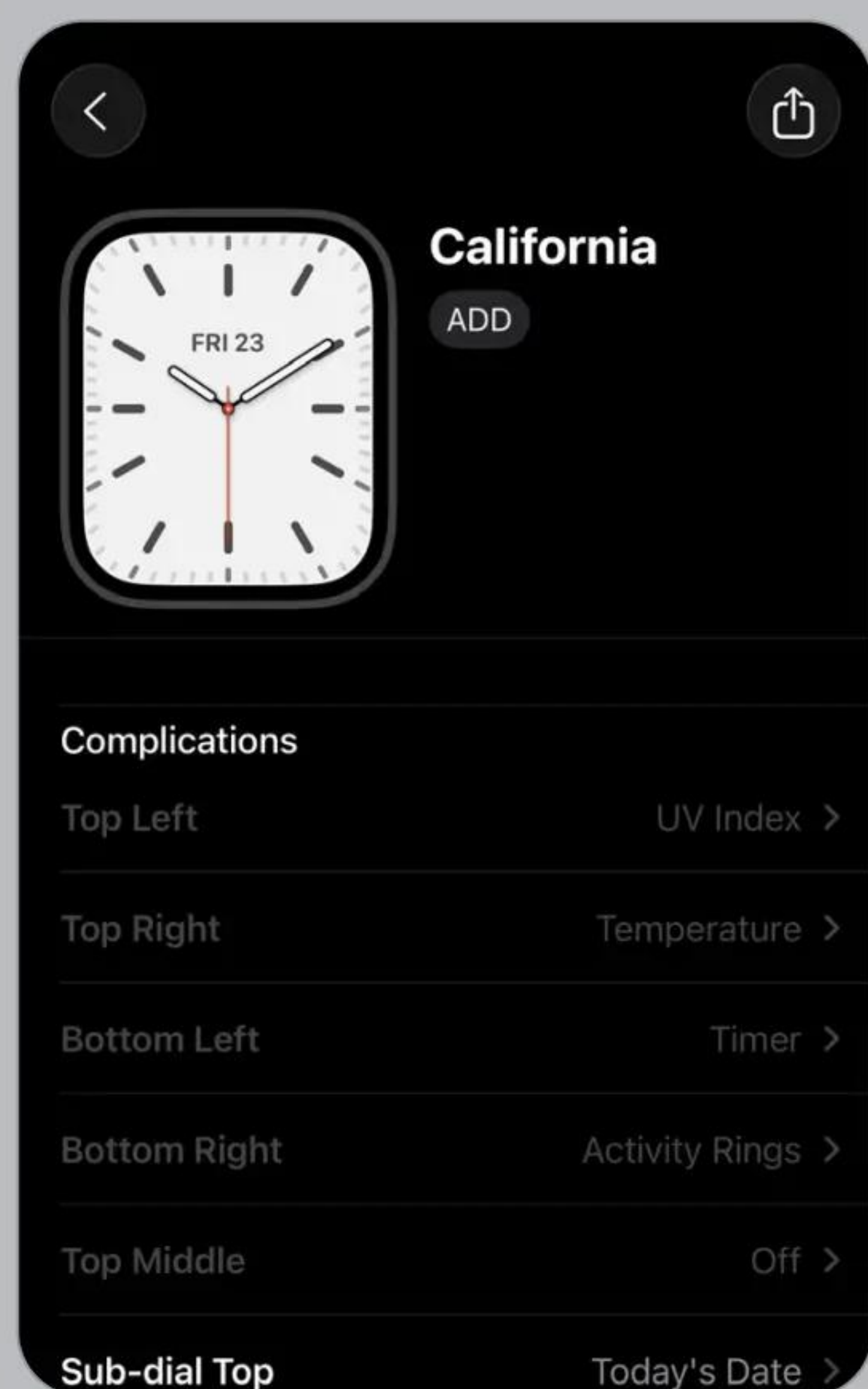


Editing on the iPhone



1 You might find it easier to edit new watch faces on your iPhone instead of directly on your Apple Watch. First of all, open the iPhone's Watch app, and tap the Face Gallery at the foot of the screen.

2 Find a category then a face you like and tap it. Configure its style, changing things like the colour, symbols, dial design and more. The picture of the watch face at the top of the screen reflects these changes.

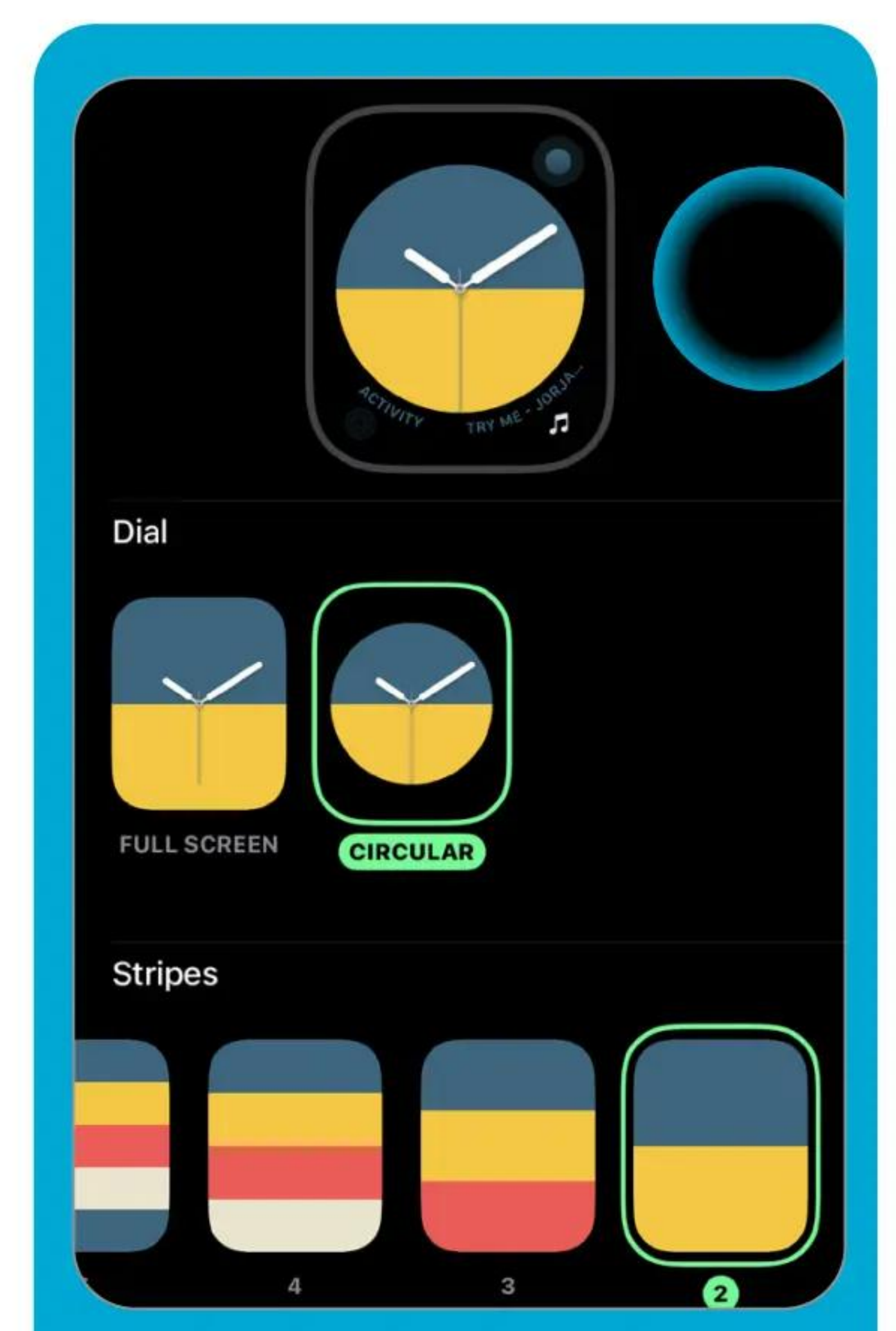


3 Scroll down the list of configurations to get to the Complications, which you can also set up here. The picture of the watch face remains at the top of the screen, so you can see your changes take effect.



4 When you're done, tap Add next to the watch face, atop the screen. The face is synced with those on your iPhone, and is automatically selected as your current watch face on your Apple Watch.

Sharing Apple Watch Faces



1 If you've designed an impressive watch face and want to share it with someone, in the iPhone's Watch app, open the face in question from the My Faces row at the top of the page. Now tap Edit in the top-right corner.



2 You're invited to share the watch face using the usual methods – choose a 'quick send' option from the top row or a method and then a contact from the second. It arrives as an image file.



Wi-Fi and Bluetooth

When your iPhone is nearby, your Apple Watch connects to it and gets its online connection through the phone, but if it isn't, your watch can connect to Wi-Fi itself. You can connect your Apple Watch directly to a 2.4 GHz Wi-Fi network, or even the faster, less crowded 5 GHz network if you have a Series 6 watch or later. Here's a guide to how.

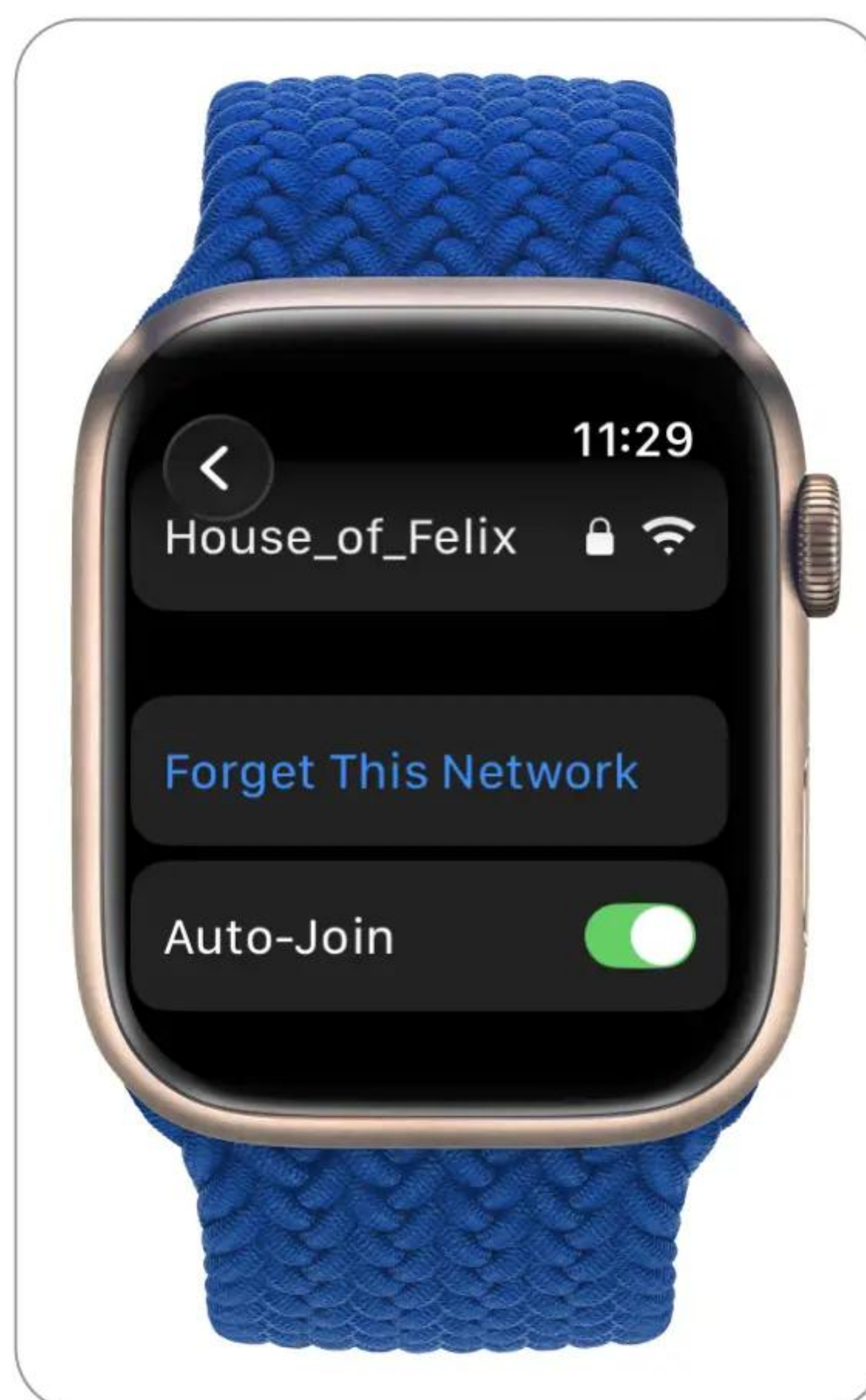


Connecting to a Wi-Fi Network

Your watch is usually connected to your iPhone, but you can connect it directly to a 2.4 GHz Wi-Fi network if you wish, or even a 5 GHz network if you have a Series 6 watch or later. Here's how to go about it.



1 To find and join a Wi-Fi network, in the watch's Settings app, tap Wi-Fi. Make sure it's switched on (see the switch at the top of the page), then scroll up to find the network you want to join. Tap it, and if necessary, enter the network's Wi-Fi password. Tap Join.



2 To get your Apple Watch to forget a Wi-Fi network, so it won't automatically join, open the watch's Settings app and tap Wi-Fi. Use the Digital Crown to scroll until you see the network in question, tap it and scroll up to the Forget This Network button and tap it.



3 When your Apple Watch connects directly to a network instead of going through your iPhone, a Wi-Fi symbol appears atop the control centre. You cannot connect your Apple Watch to public networks that require logins, subscriptions or profiles.



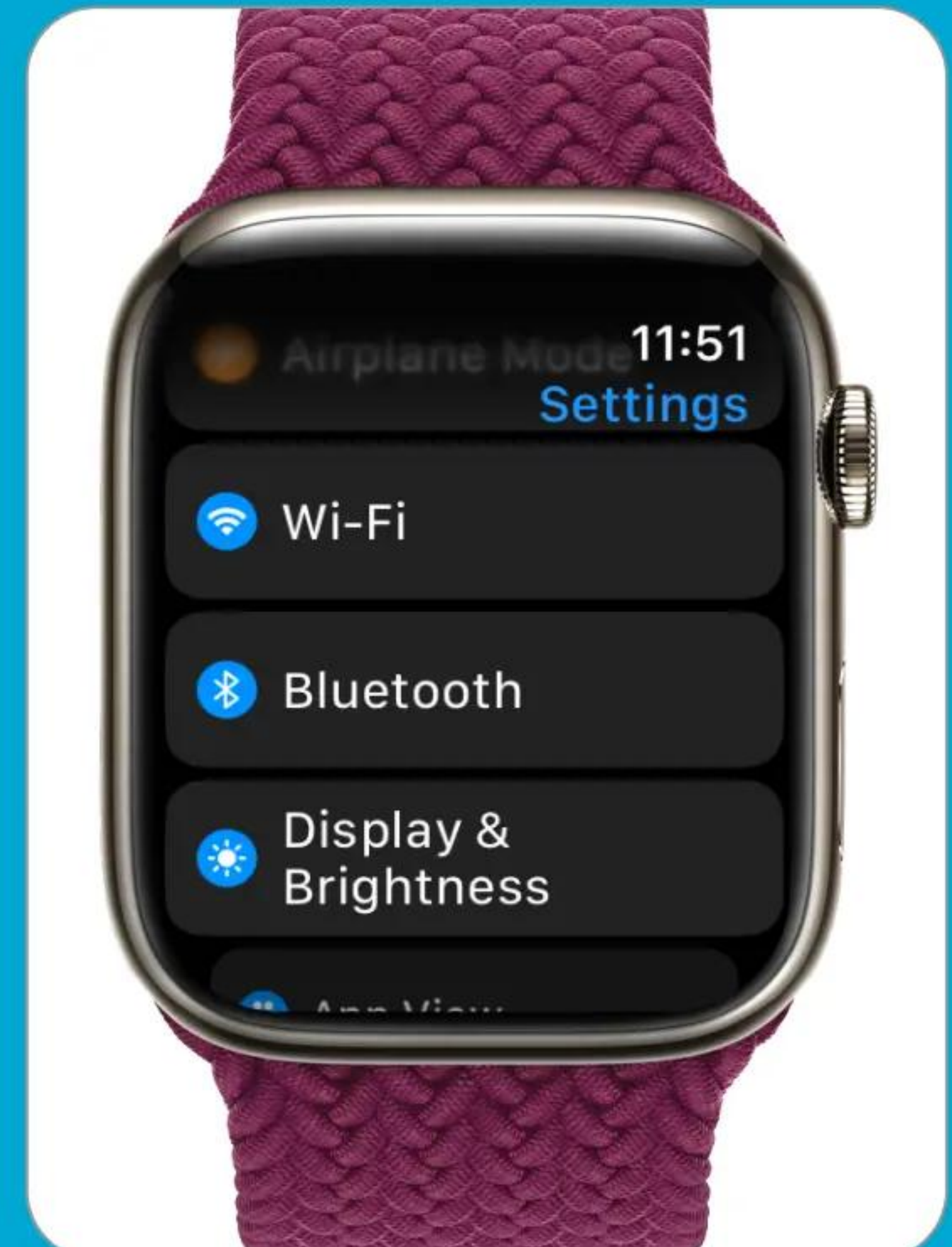
4 To adjust your Apple Watch's Auto Hotspot settings, go to Settings > Wi-Fi and at the bottom of the page, tap the button showing your current setting. Your Apple Watch can ask before joining a network you've previously been on, always join or never join.

Bluetooth Peripherals

Connect your Apple Watch to Bluetooth peripherals, such as speakers, headphones and earbuds, to play audio straight from your watch.



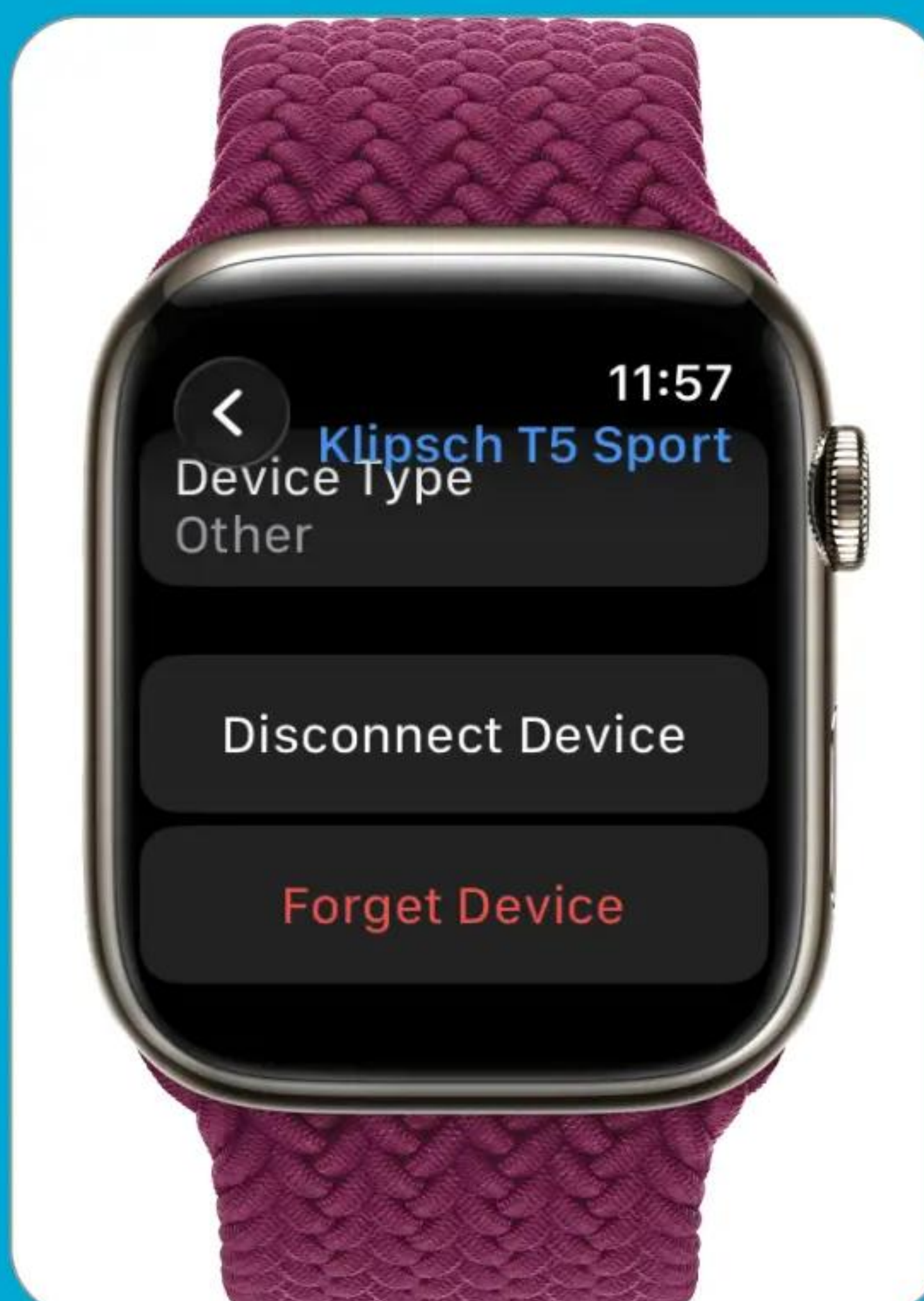
1 If you want to connect a device such as Bluetooth, earbuds, speakers or connected peripherals that record health information, first of all, dig out the instructions for the item in question and put it into pairing mode. It's usually fairly straightforward to do so.



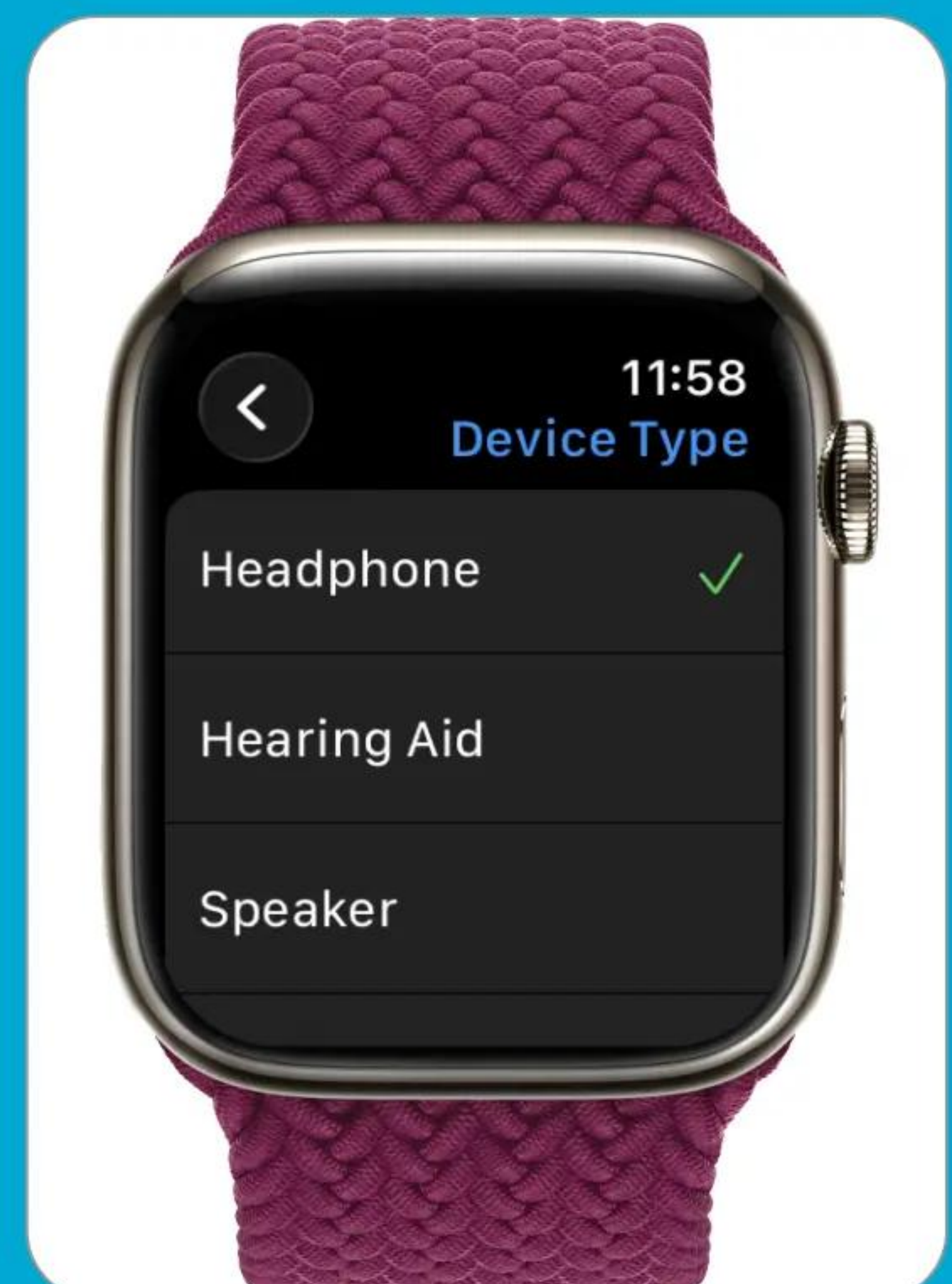
2 On your Apple Watch, open the Settings app and tap the Bluetooth option. Devices that are already paired with your Apple Watch are listed here. The watch searches for nearby Bluetooth gadgets that are in pairing mode; the one you're pairing should appear.



3 The new device appears on the screen, listed in the Devices or Health Devices section (it might take a while to appear). It should be listed as 'Not Paired'. Tap it, and the device is paired with your watch and connected to it via a Bluetooth connection.



4 To unpair a Bluetooth device from your Apple Watch, so it no longer connects to your watch when you switch it on, in Settings > Bluetooth tap the 'i' symbol next to the device you want to forget. Tap the Forget Device button and that device is no longer paired.



5 If the Apple Watch has not correctly recognised the category of the device you've paired with it, open Settings > Bluetooth and tap the 'i' icon next to the device in question. On the next screen, you can choose which category of device it should be in.



The Apple Watch Control Centre

You access the Control Centre by pressing your Apple Watch's Side Button. Watches running watchOS 9 or earlier open Control Centre by swiping up from the foot of the screen, which now gives you widgets.

The diagram illustrates the Apple Watch Control Centre interface. A central Apple Watch is shown with a mesh band. The Control Centre is displayed on the screen, featuring several icons: a Wi-Fi icon, a cellular icon, a battery level indicator showing 73%, a torch icon, a ping icon, and a focus icon. Each icon is linked to a descriptive text box. Above the watch, three larger icons are shown: a green iPhone icon, a blue location icon, and an orange airplane mode icon, each with its own text box. The text boxes provide detailed instructions on how to use each feature.

Wi-Fi and Cellular
This icon, when lit, shows your watch has a current Wi-Fi connection. Tap it to turn Wi-Fi on and off. If your watch also has cellular connectivity, it's joined by another icon, showing a cellular mast. This is green when a cellular connection has been made. Again, tap it to turn it on and off.

iPhone and Location
The green icon here shows your watch is connected to your iPhone. The blue one shows it's seeking location information. Tap here to check up on this information. On an Apple Watch with Cellular connectivity, these icons are replaced with signal-strength bars. Swipe down from the faint line above these icons to close Control Centre.

Airplane Mode
If you're flying, the airline might insist you use Airplane Mode for your iPhone and Apple Watch. This turns off Wi-Fi and cellular connections, to prevent them interfering with the aircraft's navigation instruments, but keeps Bluetooth turned on so you can still listen to your music.

Battery Level
This shows your current battery level. Tap it for a screen with a slider that lets you put your watch into Power Reserve mode, which shuts down most of your watch's functions but lets you keep the time.

The Torch
Tap this control and the screen turns white, letting you use your Apple Watch screen as a torch. You can then use the Digital Crown to set the brightness, and swipe the screen to toggle between white light, white flashing light and red light as you desire.

Ping Your iPhone
If you've mislaid your iPhone, tap this icon and it makes a pinging noise. Follow your ears, and you should be able to find it again. In iOS 26, you can also ping your Apple Watch from the iPhone's Control Centre, if you add the Ping My Watch button in Settings > Control Centre.

Choose a Focus
If you've set up a Focus on your iPhone, tap this icon and choose it on the next screen. Even if you haven't set up a Focus, you can still use the default ones such as Do Not Disturb and Driving. You can choose whether to keep your Focus on for an hour, until tomorrow morning or until you leave your current location.



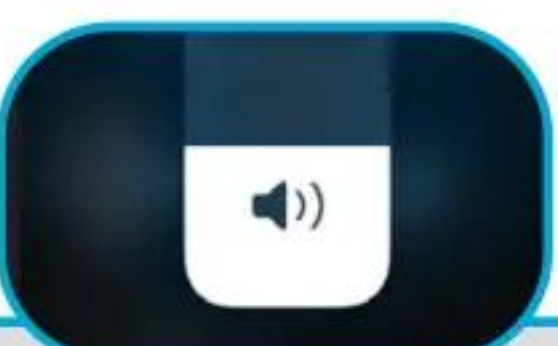
Theatre Mode

Stops the display turning on when you lift your wrist; it still lights up if you tap the crystal or press a button. Theatre Mode also turns on Silent Mode. When the watch is in Theatre Mode, this icon appears above the watch face too. The icon is orange when it's on; tap it again to turn it off.



Silent Mode

If you need some peace and quiet, perhaps because you're in a meeting or watching a movie and don't want to be interrupted, tap this icon to activate Silent Mode. It turns red and the bell is crossed out when it's active. Tap it again to turn off Silent Mode.



Volume Control

Tap here for a slider that controls your watch's volume. Adjust it by swiping up and down on the screen or using the Digital Crown.



Check Headphone Volume

If you're listening to music through your headphones on your Apple Watch, this icon shows a green tick. Tap it and you get a screen that lets you adjust the headphones' volume, and also checks it's not too loud. You can limit the maximum headphone volume in Apple Watch's Settings.



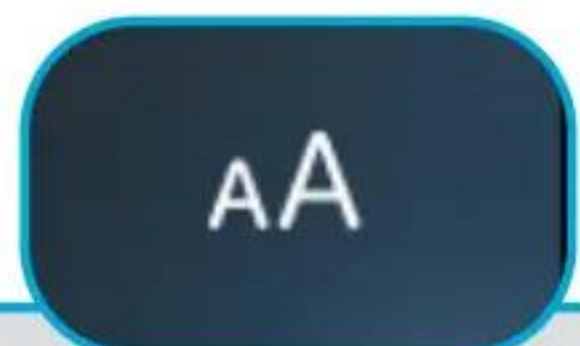
Lock Watch

The last icon in the Control Centre is a lock. Tap it to lock your Apple Watch, so you need your passcode to unlock it again.



Water Lock

If you go swimming in your Apple Watch, tap this icon to activate the watch's Water Lock to lock your screen and prevent accidental taps. This function is automatically activated if you start a Swimming workout. When you've finished, turn your Digital Crown to expel the water from your speaker port and unlock your watch.



Text Size

To change the size of the text, tap here and either tap the buttons marked 'AA' alternatively you can also use the Digital Crown.



Audio Output

If you want to switch your watch's audio output to a connected Bluetooth audio device such as speakers or earbuds, or if you want to connect it to such a device, tap this icon. You can choose an audio output source from connected devices listed on the Audio screen, or tap Connect a Device to make a new bluetooth connection.



Edit Control Centre

Swipe all the way to the bottom of the Control Centre to see the Edit button at the foot of the icons. Tap it and you can edit your Control Centre. To remove an item from the Control Centre, tap the red cross next to it. To add a feature that isn't currently in there, tap its green tick. Items you've removed can be added again later.



The Widgets Smart Stack

The Widgets Smart Stack is even smarter in watchOS 26. To access the widgets screen, either turn the Digital Crown upwards from the time screen, or swipe up from the bottom of the screen, a gesture that used to summon the Control Centre. You can navigate through the widgets using the Digital Crown or upward swipes, and edit them too. Here's how it all works.



Using the Widgets Smart Stack

The Widgets Smart Stack gives easy access to important apps and information on your Apple Watch. It's dynamic, so information displayed on the widgets is constantly updated so it's always fresh and new.



1 From the time screen, open the Widgets Smart Stack by swiping up from the foot of the screen or turning the Digital Crown upwards. Swipe or turn further to cycle through the widgets that are currently there.



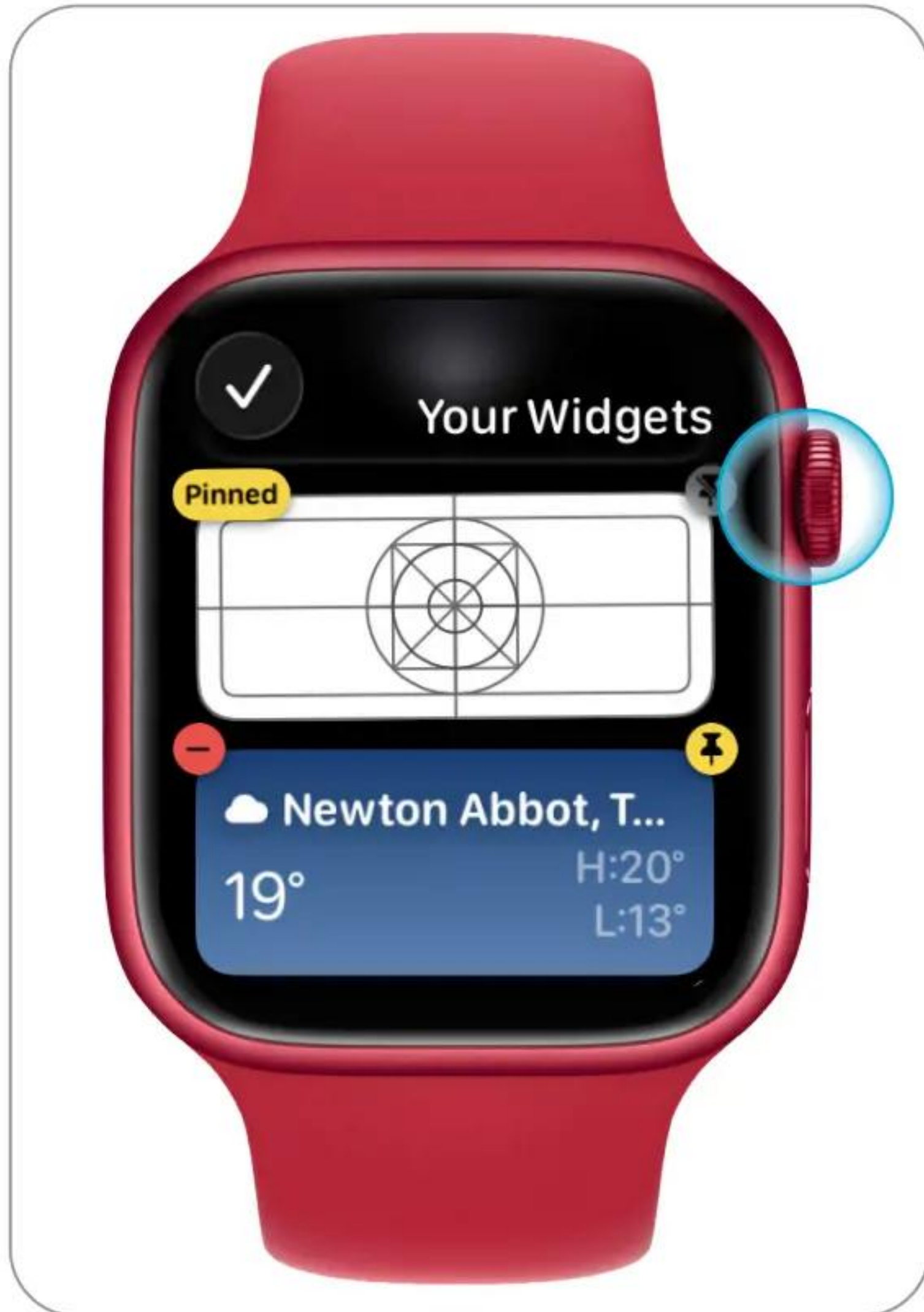
2 Each widget gives you information gleaned from its parent app. If you tap a widget, you open the app from which this information is taken. Here, for example, we tapped the Weather widget.



3 Scroll or swipe the widgets all the way up, and you see a Complications widget for access to three apps (tap one to open it), this takes you to the Edit screen where you can add and remove widgets.

Configuring Your Widgets

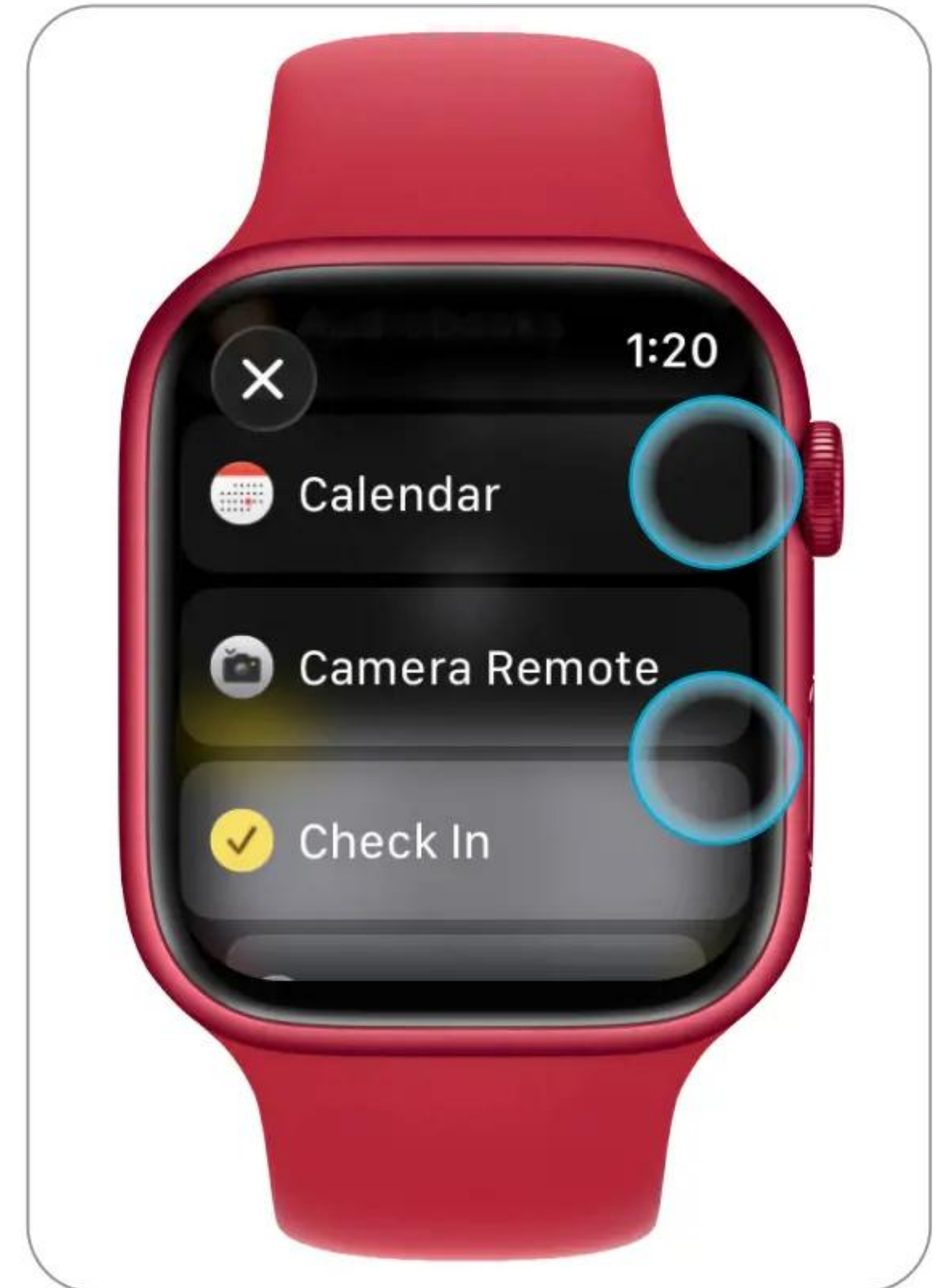
Using machine learning, the order of the widgets changes according to your predicted needs at any given time of the day. But you can reorder, edit and reconfigure the Widgets Smart Stack manually too.



1 Swipe up or turn the Digital Crown up to get to the widgets. Tap Edit at the bottom to enter editing mode. Move a widget up and down to reorder, or tap the minus icon to remove.



2 You can still scroll through the widgets using a swipe or the Digital Crown when in editing mode. The yellow pin icon (top right corner) moves a widget to the top of the stack.



3 To add a new widget, tap the Plus icon at the top of the screen. You're shown some featured widgets, then a list of apps on your watch. Tap one to add it to the Smart Stack.



4 You can edit the Complications row too. Get the widgets into editing mode, then scroll to the Complications widget. Tap the minus sign to delete one, then the plus sign that replaces it to choose a new one.



5 When you've finished, come out of editing mode by tapping the Tick button in the top left corner of the screen, or by pressing the Digital Crown. You remain on the Widgets screen.

In watchOS 26



A new feature in watchOS 26 uses prediction algorithms that fuse on-device data and your daily routine to give you suggestions of apps that might be useful to you there and then. The more you use your widgets, the better this prediction gets.



The Apple Watch's Home Screen

The Home screen, also known as the App Switcher, is at the heart of your Apple Watch. It's from here you can launch your watch's built-in and third-party apps, and rearrange the order in which they appear. You can set your Home screen in Grid View or List View, and also delete Apple Watch apps directly from the App Switcher. Here's how to use and customise it.



1 Opening your Apple Watch's App Switcher is easy. Just press the Digital Crown button and you're taken straight there. You can then drag the app icons up and down the screen with your finger or by turning the Digital Crown, which lets you look for the icon representing the app you wish to open.



2 When you have brought the application you wish to open into view, simply tap on its icon to launch it. To close it again and get back to the App Switcher screen, press the Digital Crown once more. From the Home screen, press the Digital Crown again to get back to the watch face.



3 From watchOS 10, the app icons in this Grid View are arranged fill the width of the screen, but no further. This means you only have to scroll the grid up and down when looking for an app icon, instead of up, down, left and right which you had to do in older versions of watchOS.



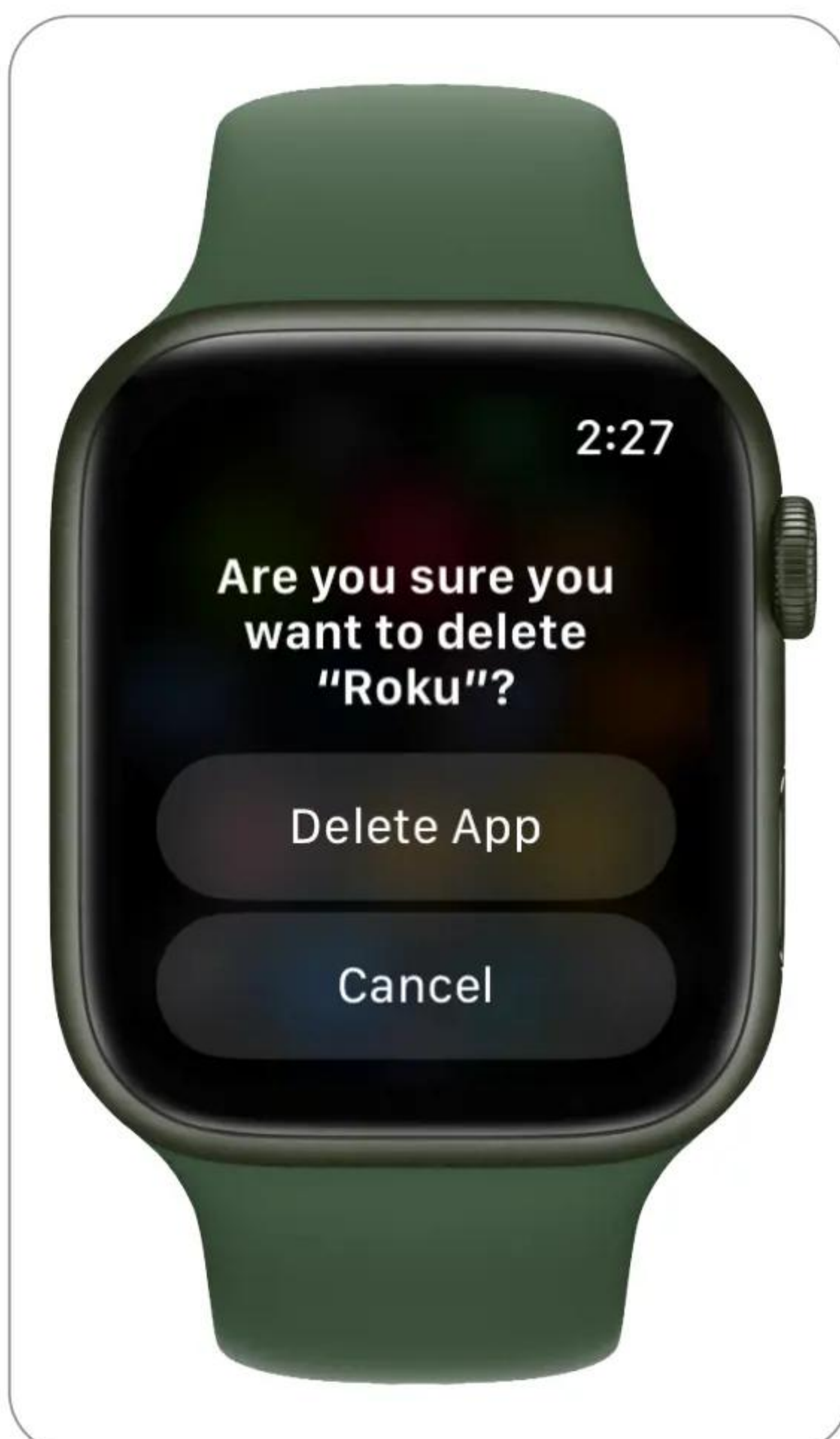
4 Scroll all the way to the bottom and you see an option to switch to List View. Tap it to change the way the apps are displayed. In List View, the option here is to change back to Grid View.



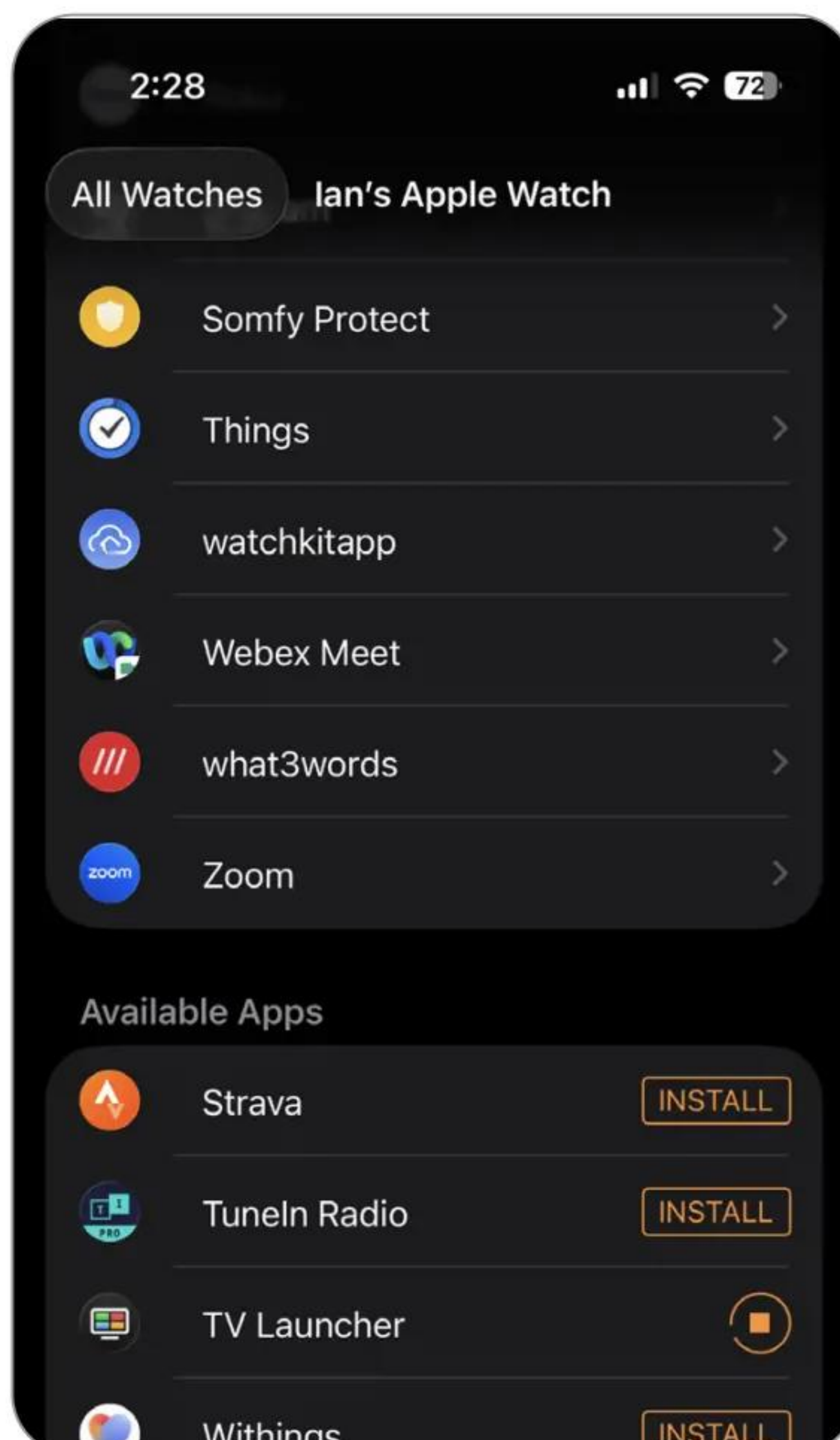
5 If you use your Home screen in List view, you can scroll up and down the list of applications using the Digital Crown or your finger. The apps are listed in alphabetical order, so it's easy to find the one you want.



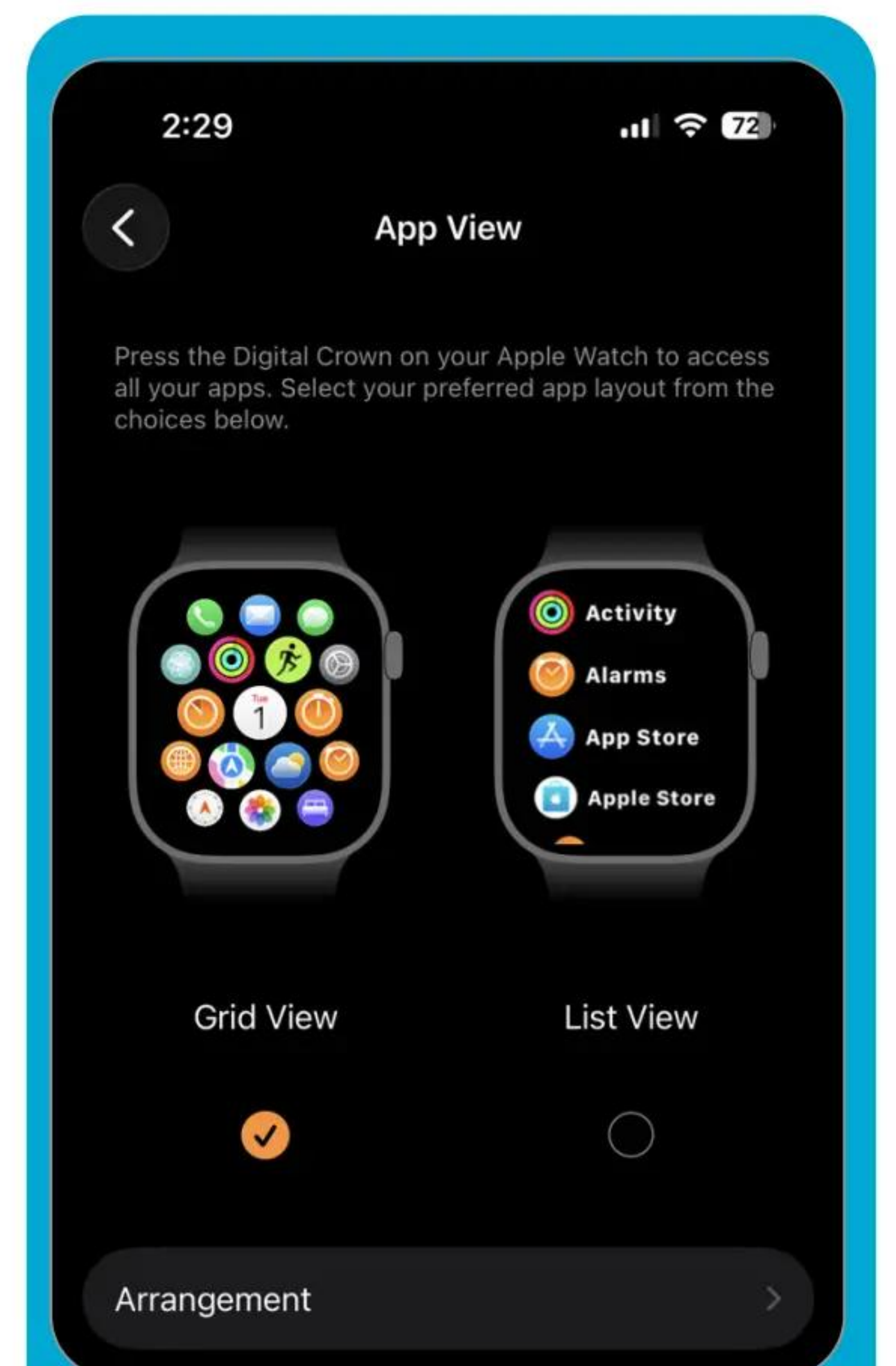
6 If you want to delete some apps from your Apple Watch, first of all, tap and hold the Home screen (whether in Grid or List view). The apps wobble, and some have a small 'x' in their top-right.



7 To delete an app, tap its 'x' icon and choose Delete App or Cancel. Only apps showing an 'x' can be deleted. You can reposition apps by dragging them into a new place on the screen too.



8 In your iPhone's Watch app, if you want to reinstall an app you've deleted, open the My Watch tab and scroll down to the apps that aren't installed. Find the one you want and tap its Install button.

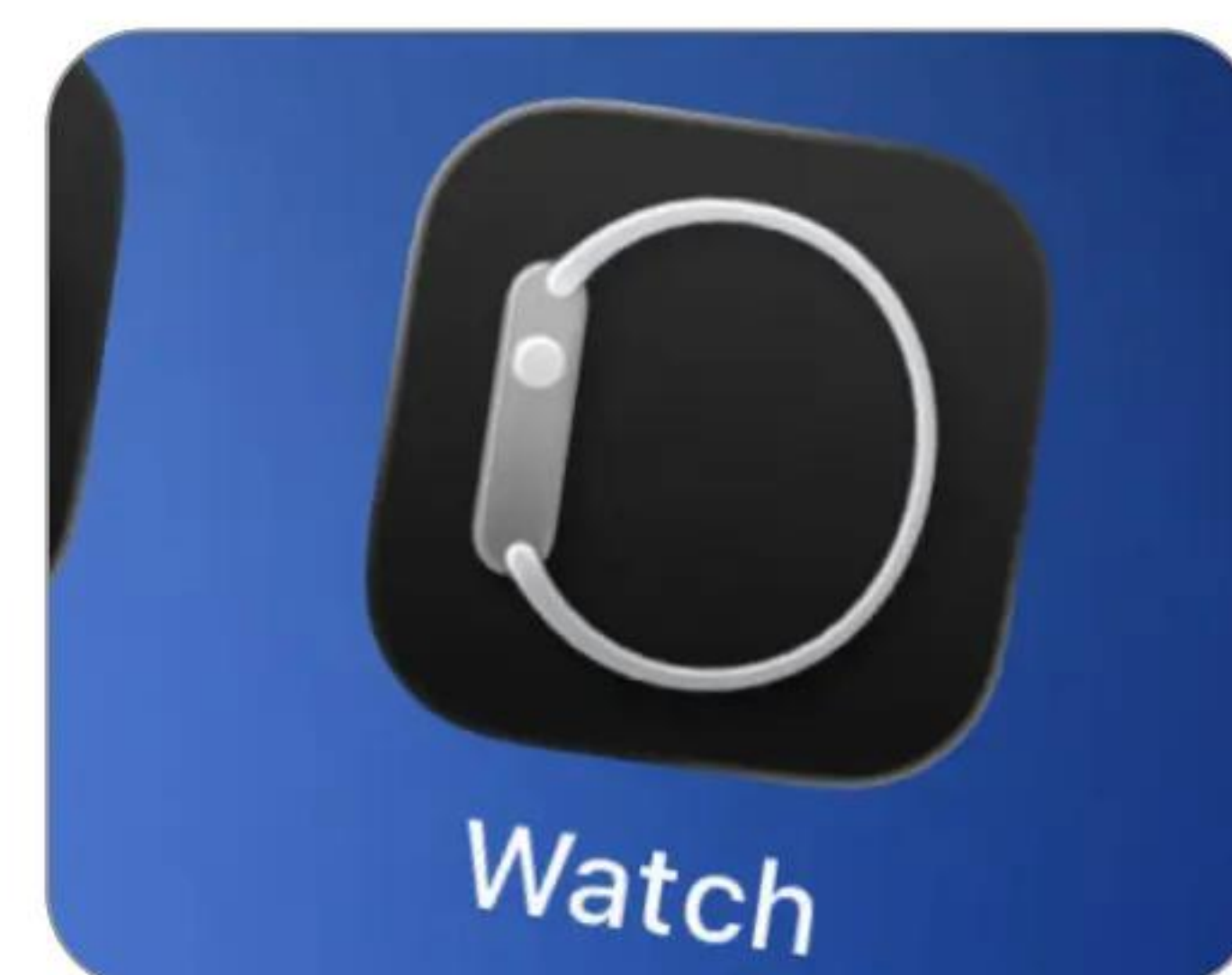


You might also find it easier to configure your Home screen on the iPhone's Watch app. In the My Watch tab, tap App View and choose Grid or List View. In Grid View, tap Arrangement and you can tap and hold an app icon, and drag it into a new position in the grid.



Using the iPhone's Watch App

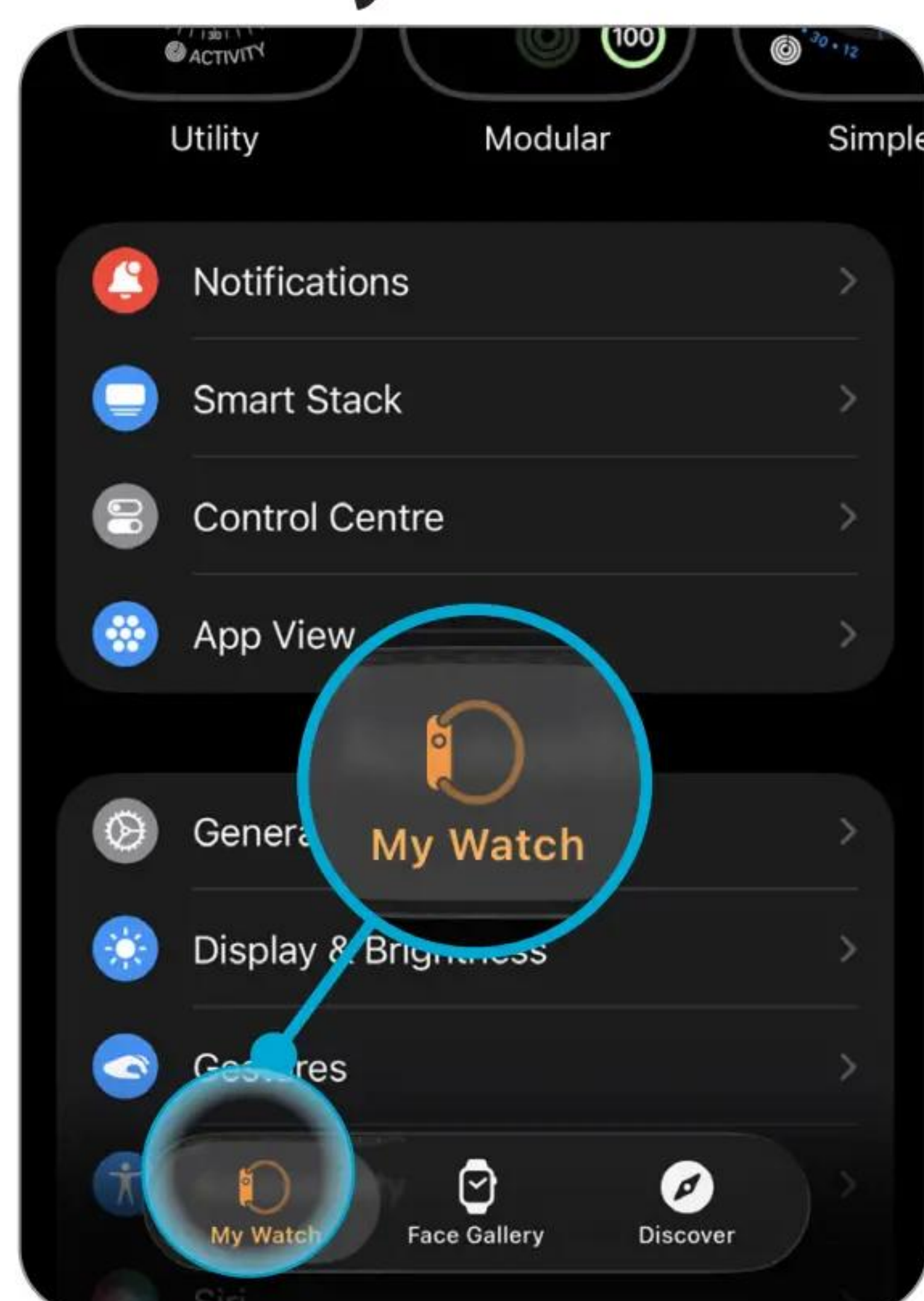
The Watch app on your iPhone is an essential part of your Apple Watch experience. You use it to set up and configure your Apple Watch, change its settings and generally customise it to suit your needs. Some of the settings and options are self explanatory, so here we'll give an overview of the more complex ones. Don't be afraid to experiment, and above all, have fun.



The Three Tabs

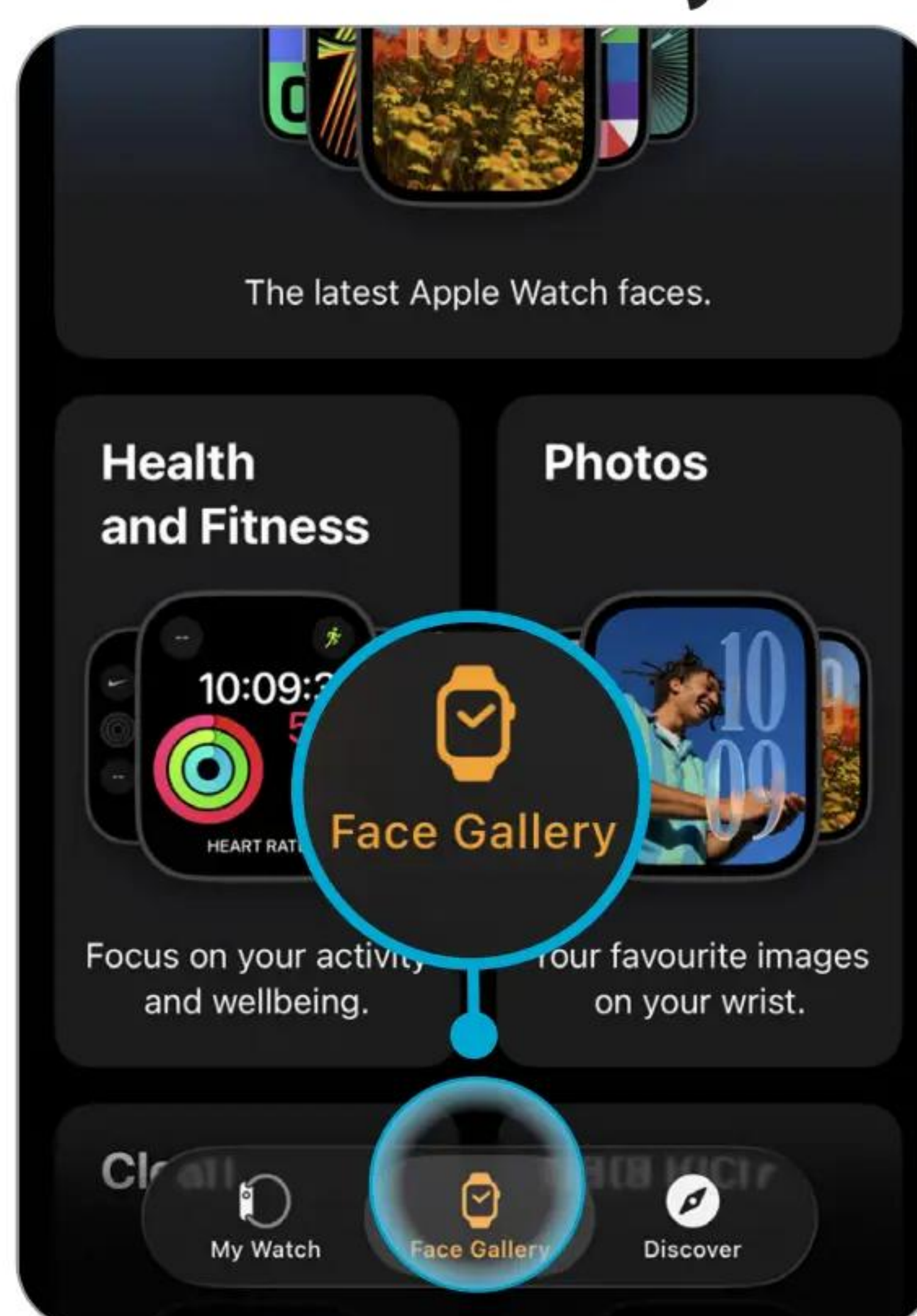
Along the foot of the screen there are three tabs; My Watch, Face Gallery and Discover. Most of the settings and options you need to know about are in the My Watch section, found in the bottom-left corner.

My Watch



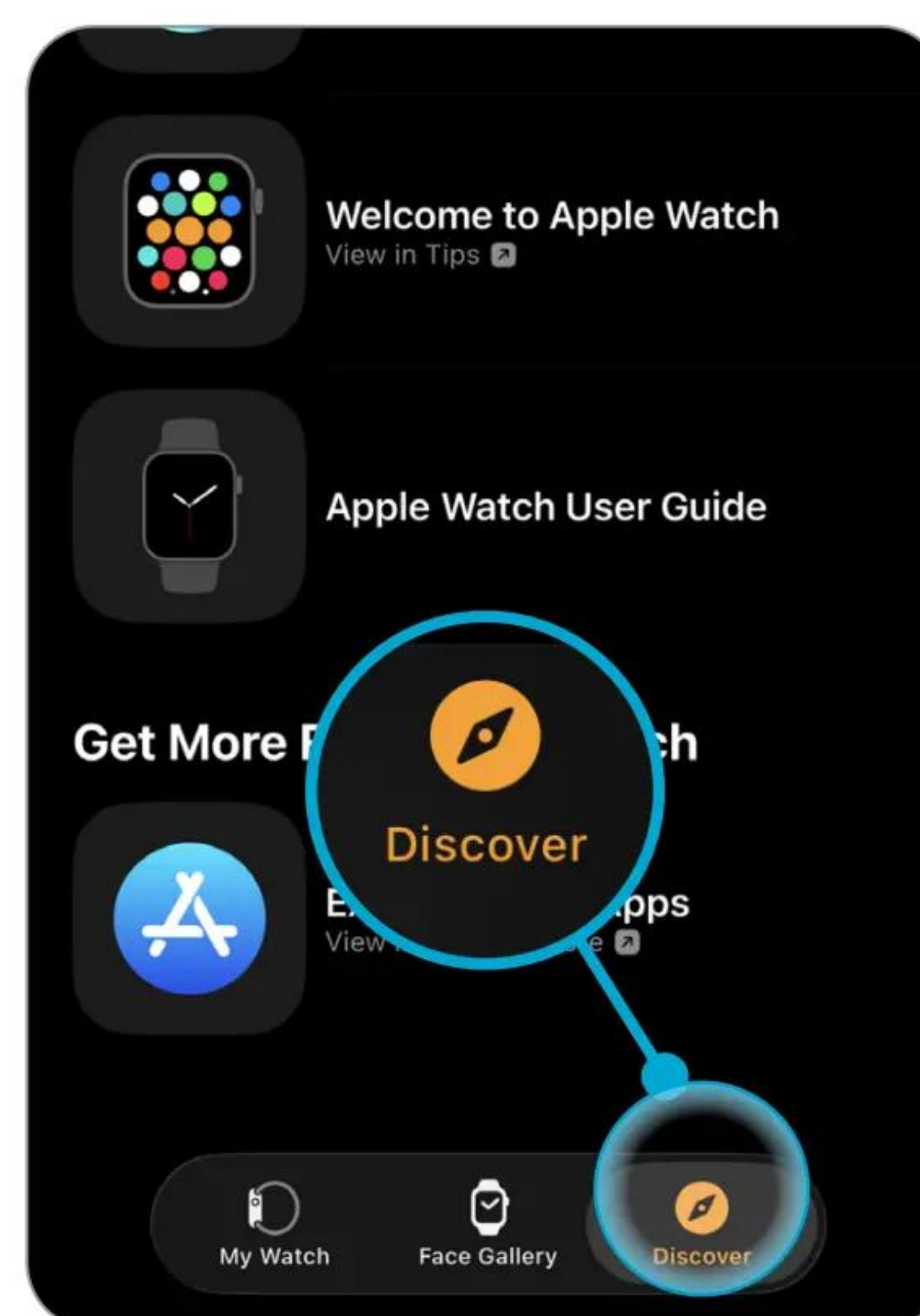
My Watch is the heart of the Watch app, and it's here you change its settings and configure its various features. As well as the watch's core functions, you can also edit your watch faces, configure the preinstalled apps and also install third-party apps on your Apple Watch.

Face Gallery



Here you can review all the watch faces currently available for your Apple Watch. Tap one and configure it, then tap the Add button at the top of its screen to add it to the range of faces you can use on your watch. It's easier than creating faces on the watch itself.

Discover



The Discover section of the Apple Watch app offers tips on how to use your watch. Tap one of the guides, and it opens. Some open in the Tips app, some in Safari and the Explore Watch Apps option opens in the App Store, showing you apps available for your watch.

The My Watch Tab

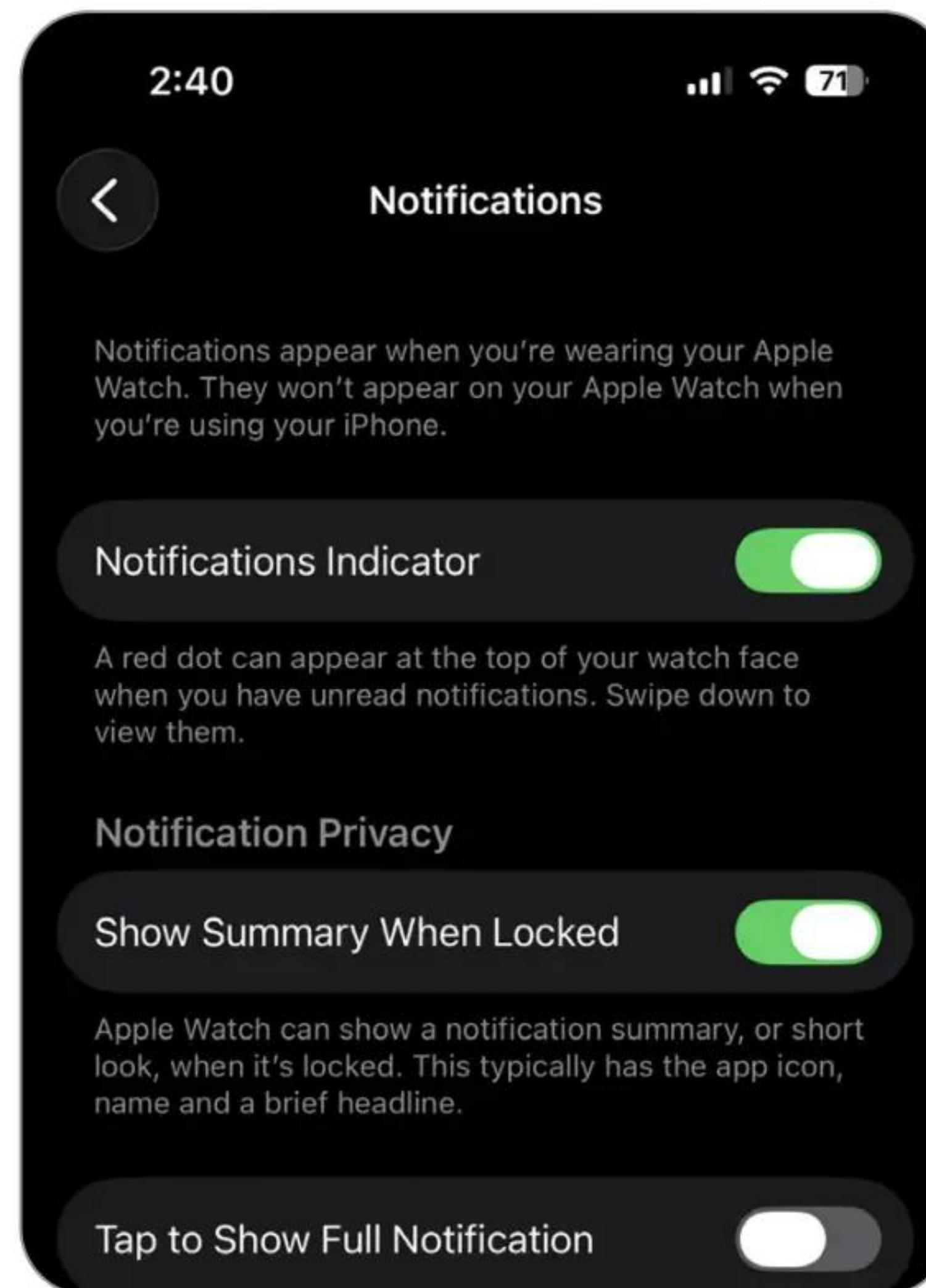
The rest of this tutorial investigates and explains the various options and configurations available through the app's My Watch tab, which is accessed by tapping the icon in the bottom-left corner of the Watch app's screen.

My Faces



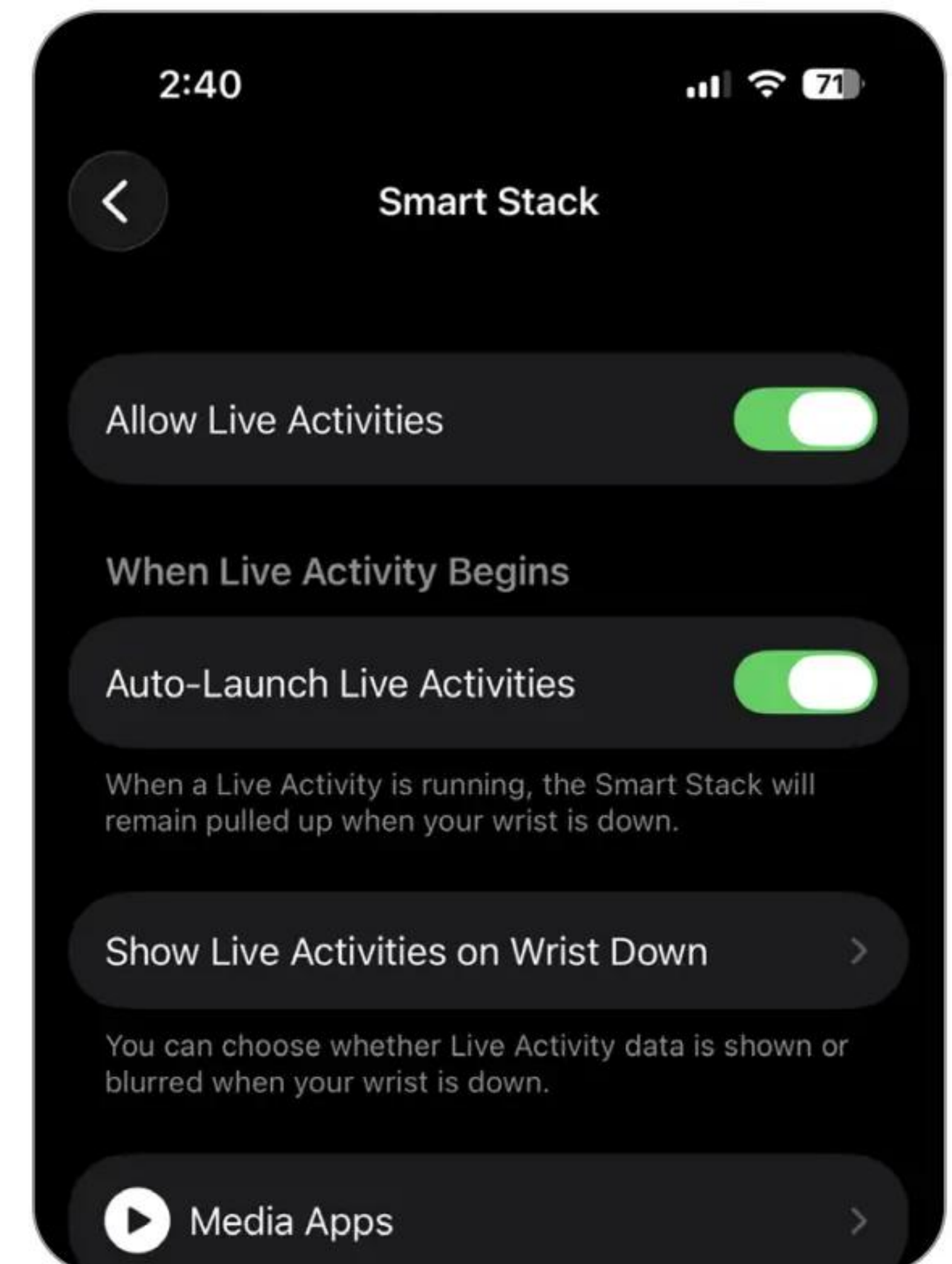
These are the watch faces you currently have set up. Tap one of them and you can edit and configure it, or change its complications. Tap the Edit link and you can reorder or delete them.

Notifications



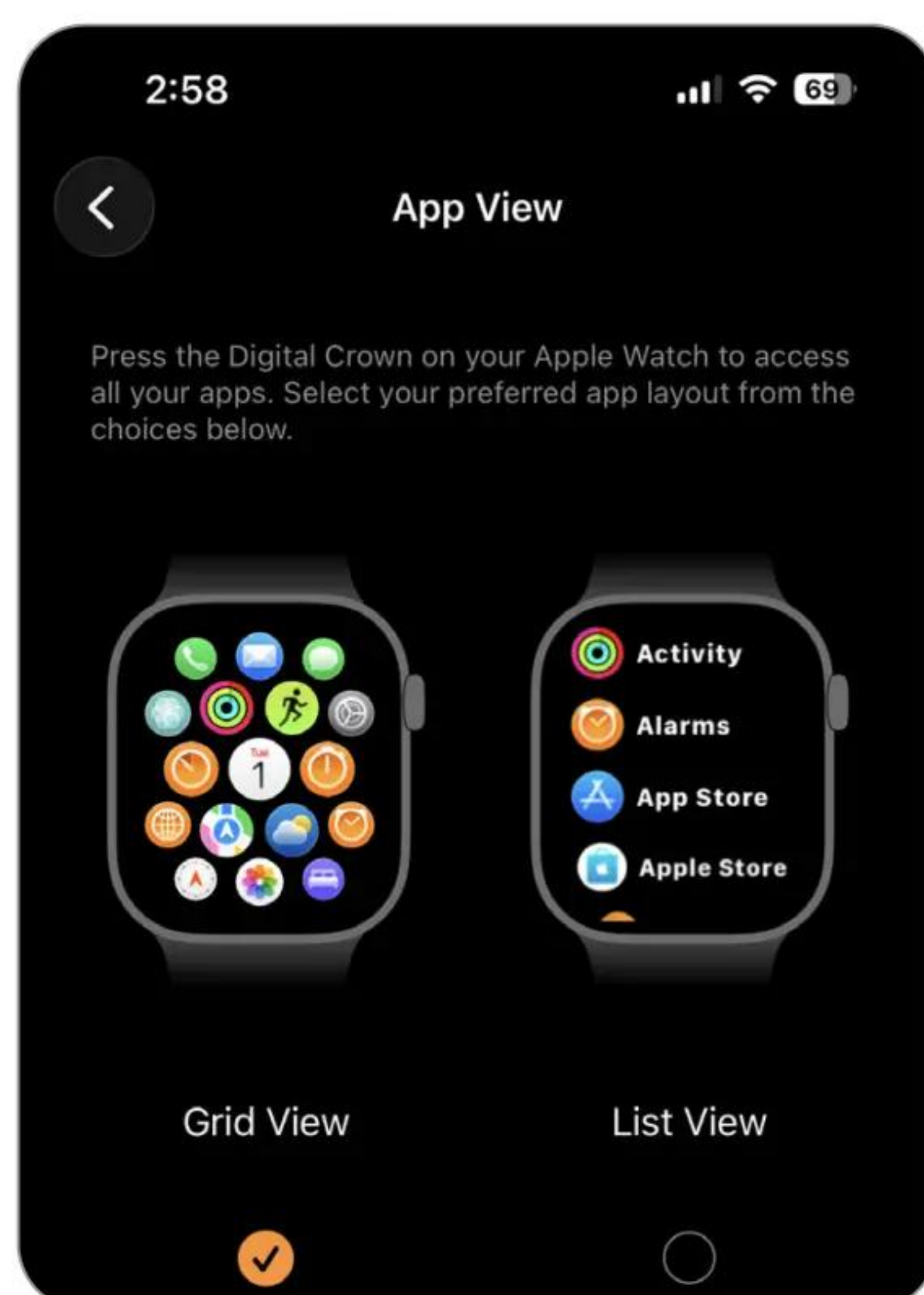
Under Notifications you can make configurations, including turning off the red dot indicating a notification has arrived. You can configure app notifications on a per-app basis too.

Smart Stack



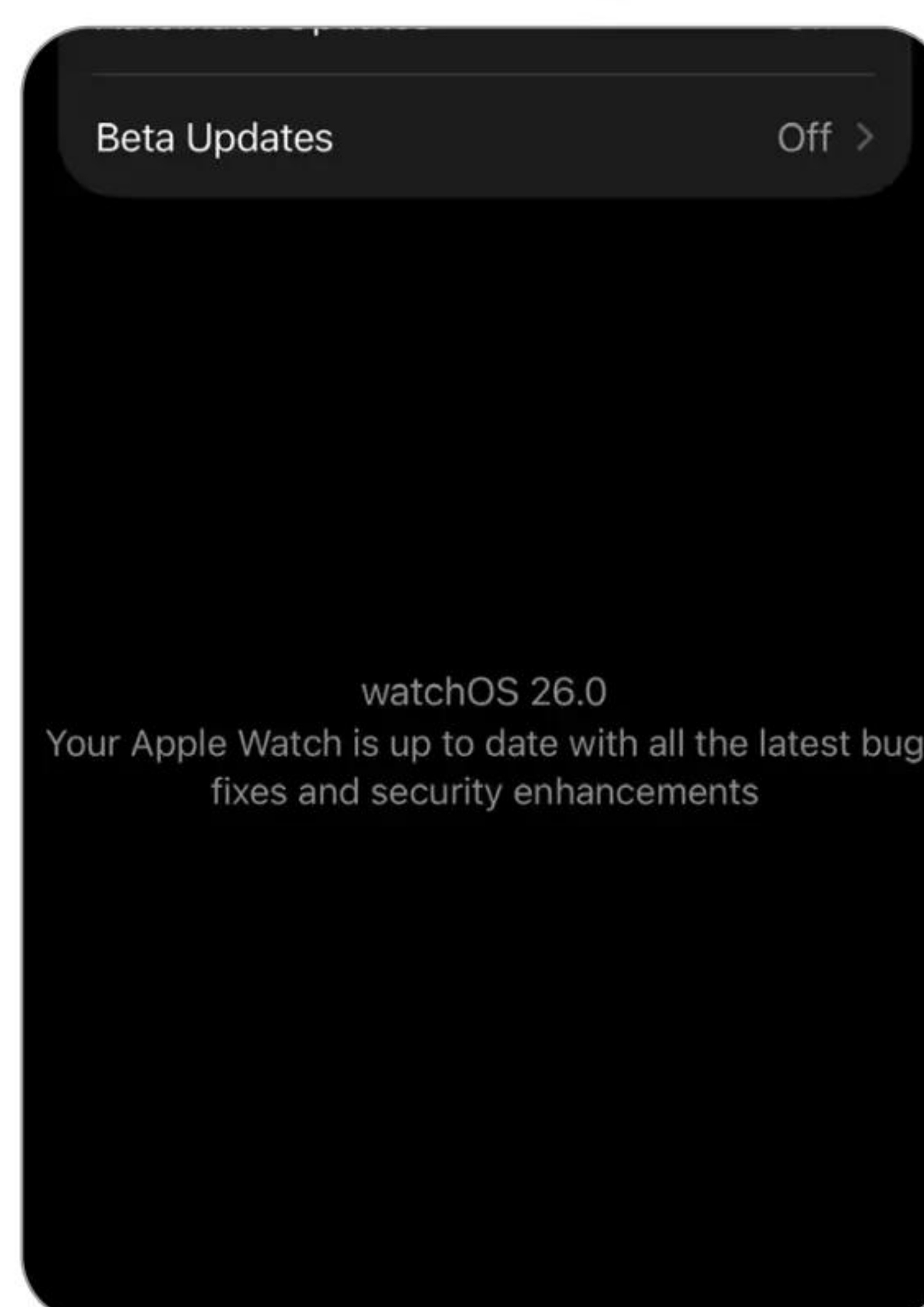
Here you find a range of options to do with the Apple Watch Smart Stack, which we covered earlier. You can allow Live Activities in widgets, choose launch options and more.

App View



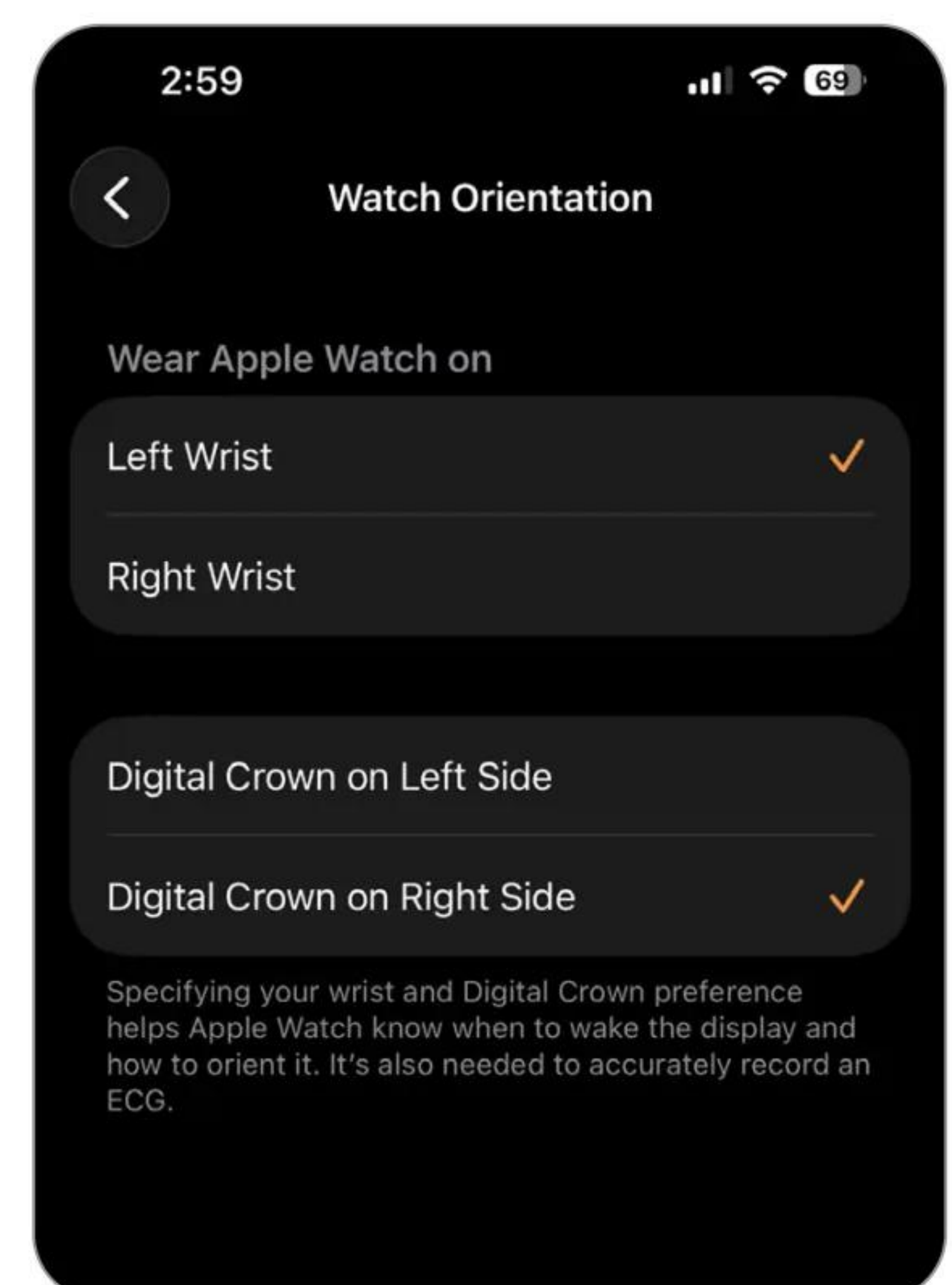
You can change the way apps are arranged on your Apple Watch. By default they're in Grid View, but you can change this to a List View. Tap Arrange to reorder the Grid View.

Software Update



In General > Software Update, you can check to see if there's an update to watchOS you can install on your watch. You can also opt to download updates automatically, instead of checking.

Watch Orientation



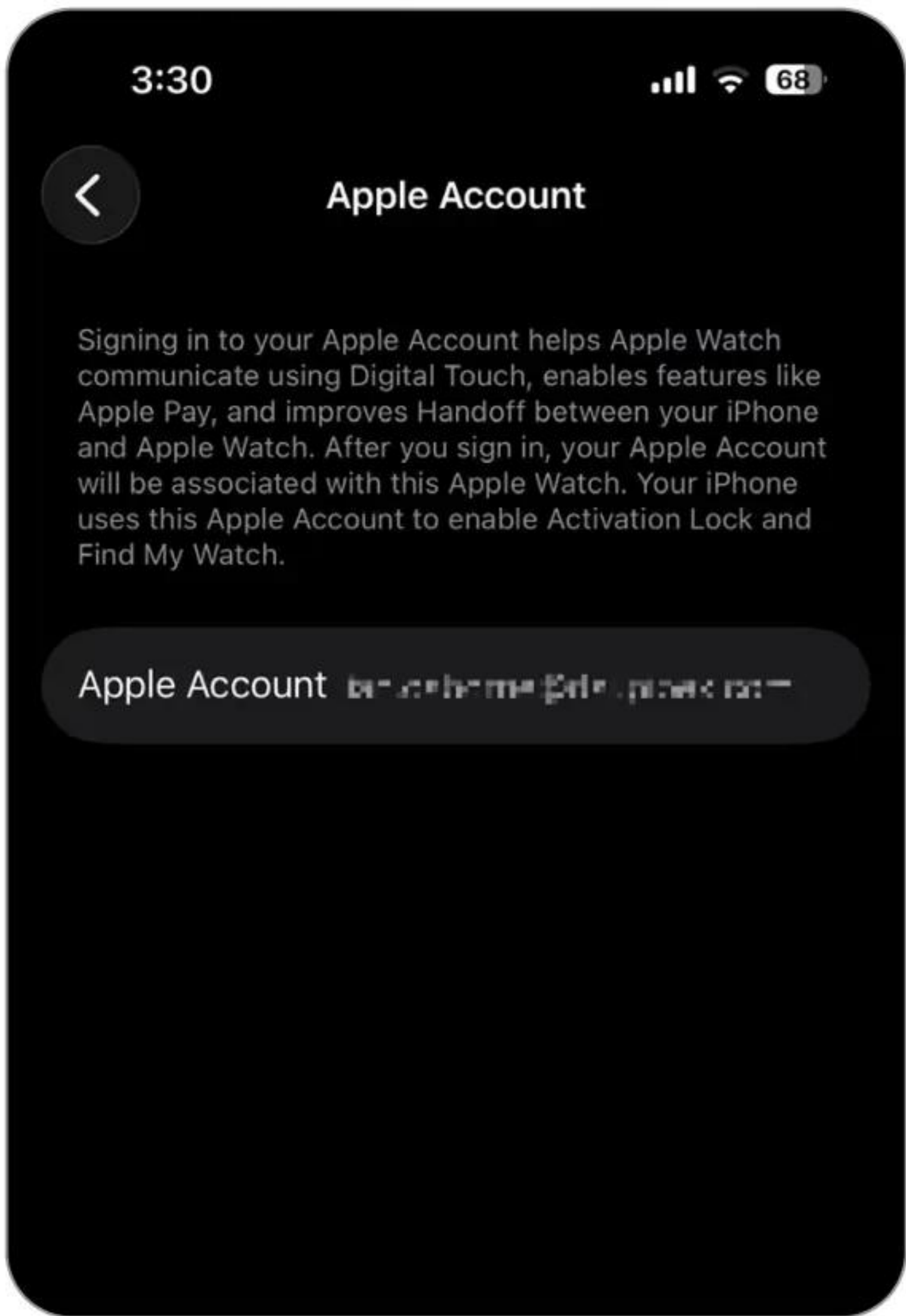
Do you wear your Apple Watch on your left wrist or your right? Do you prefer the Digital Crown to be on the left side or the right side? You can choose in General > Watch Orientation.

Language & Region



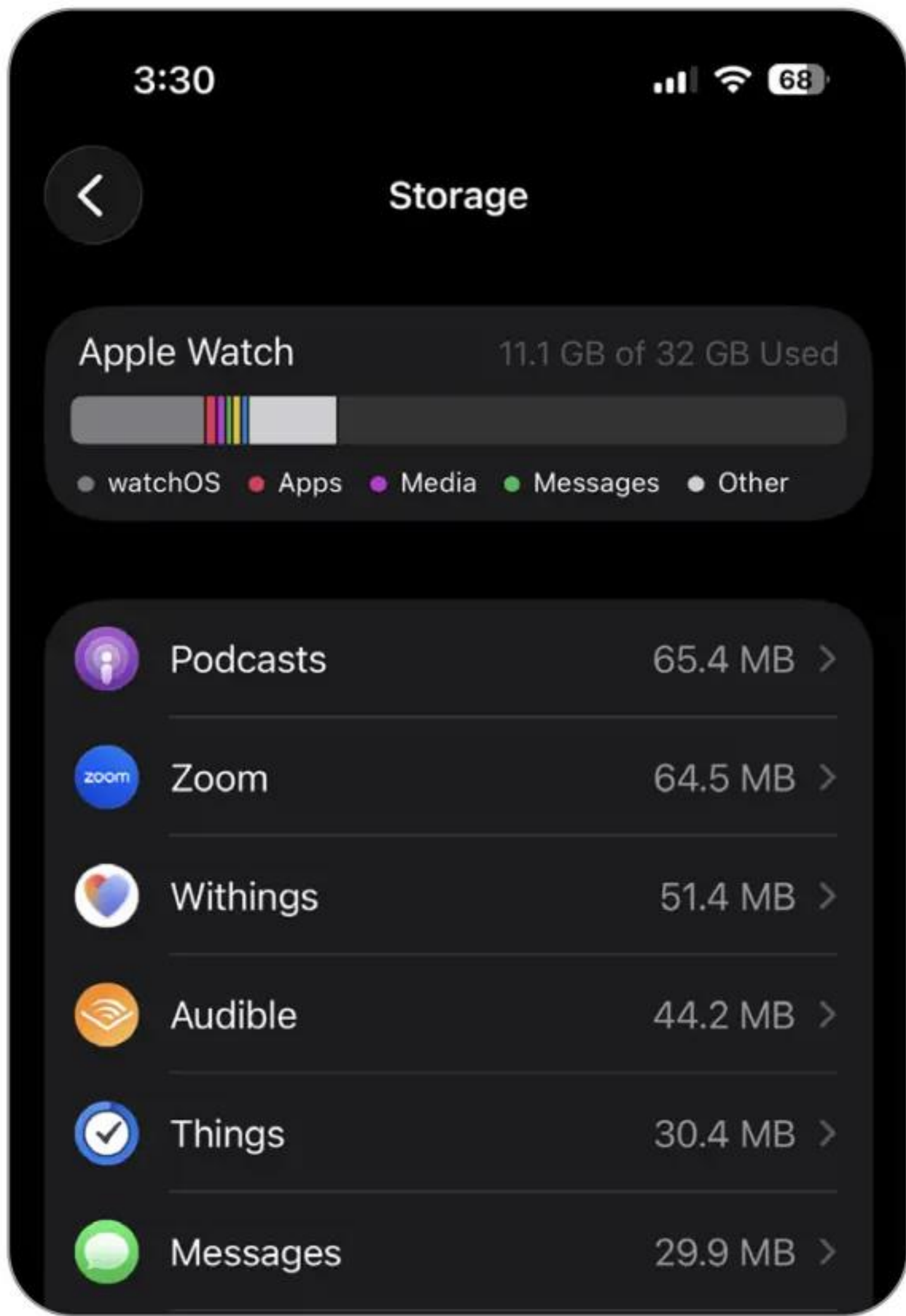
You can set up what language or languages are used on your Apple Watch, choose what region you’re using it in and set the calendar. Choose ‘Mirror Apple Watch’ and the watch’s settings are the same as those on your iPhone. Tap Edit to remove languages.

Apple Account



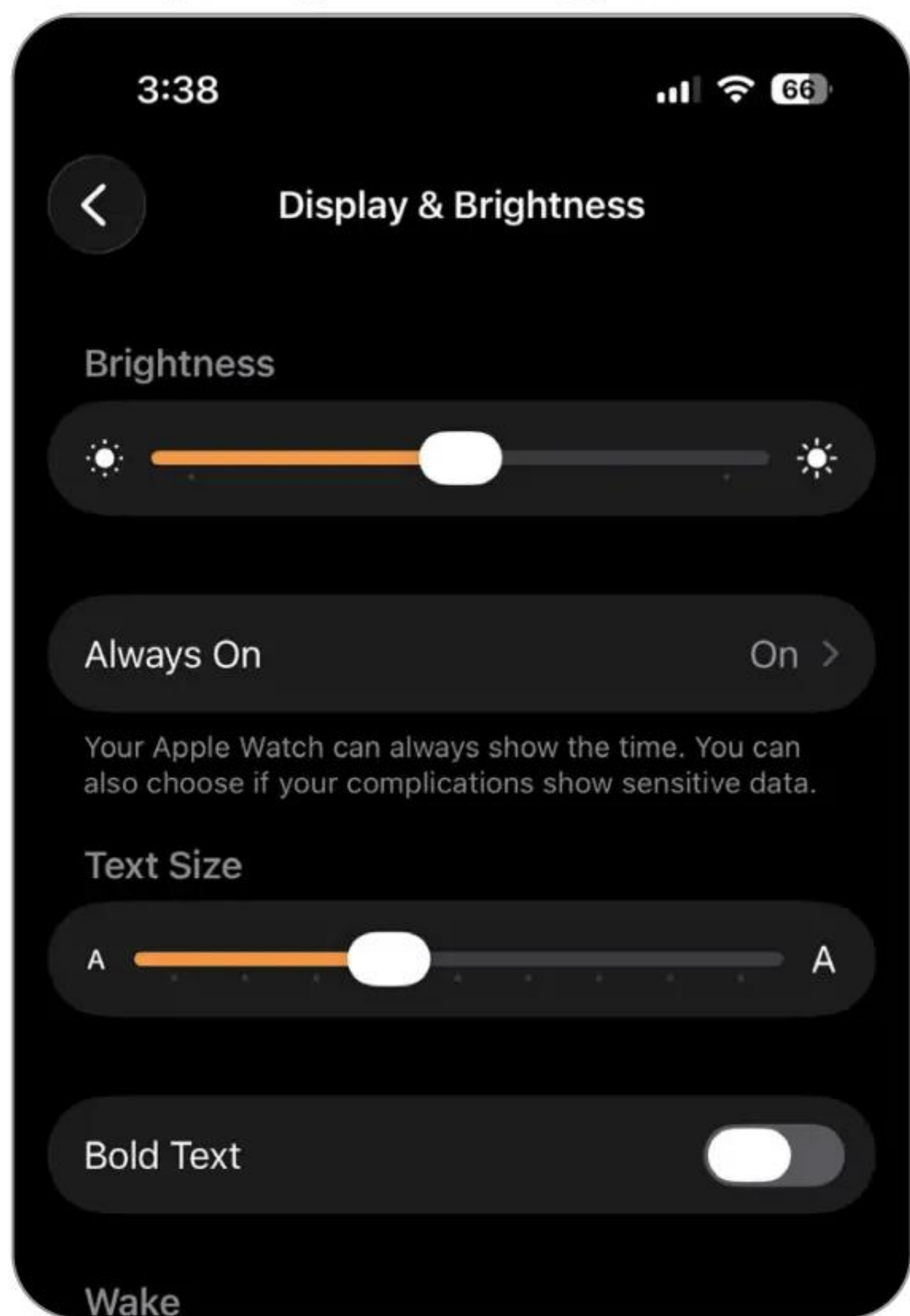
Signing into your Apple Account on your Apple Watch is essential for many of its features, functions and apps. If you’re not signed in, do so in General > Apple Account. Enter the email address that you use for your Apple Account, and then your password.

Storage



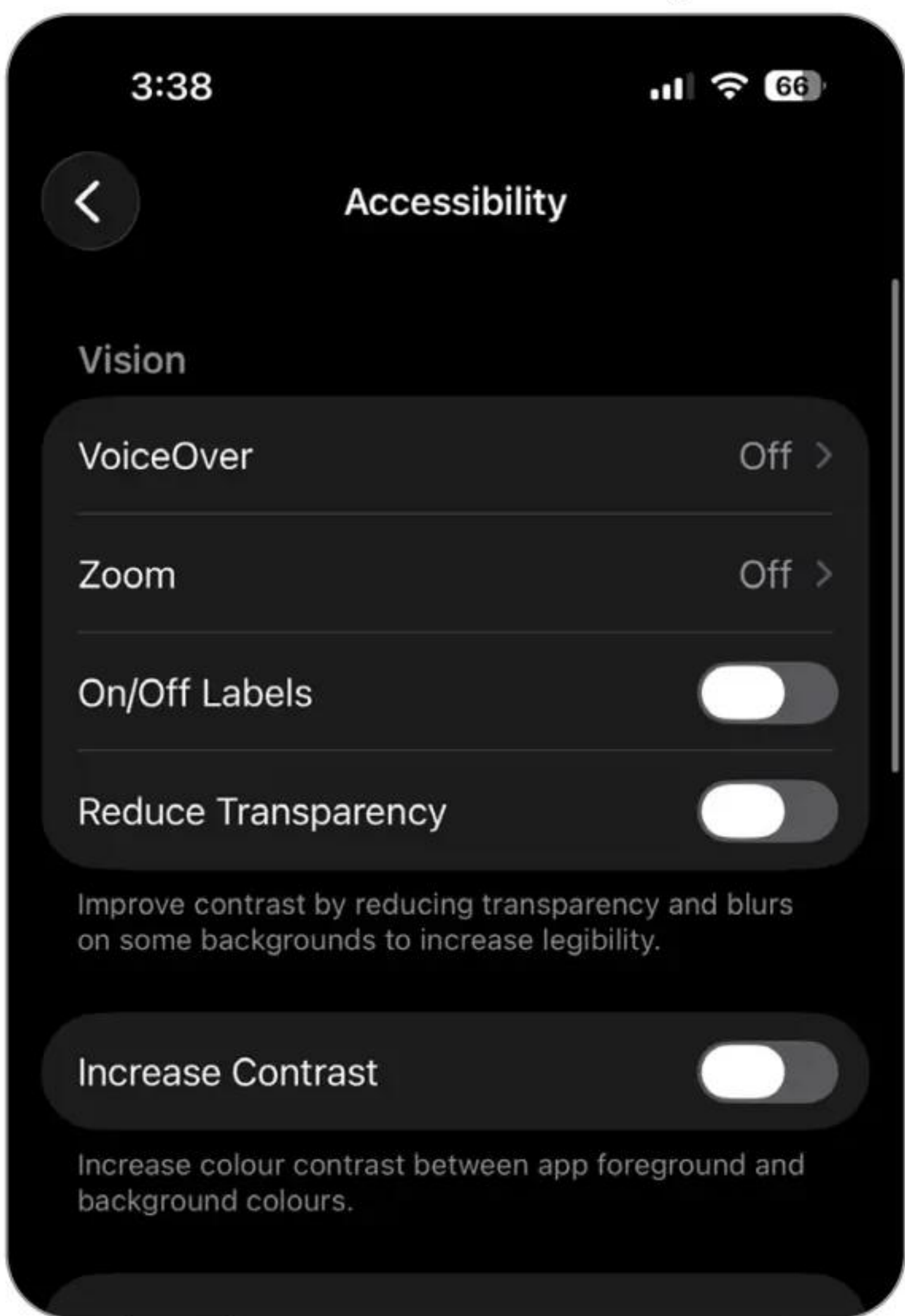
Another Useful option available in the General section is Storage. Here you can see how much space you have left on your Apple Watch, and get a breakdown on how much each app is taking up. Tap an app to see the space taken by the app itself and its data.

Display & Brightness



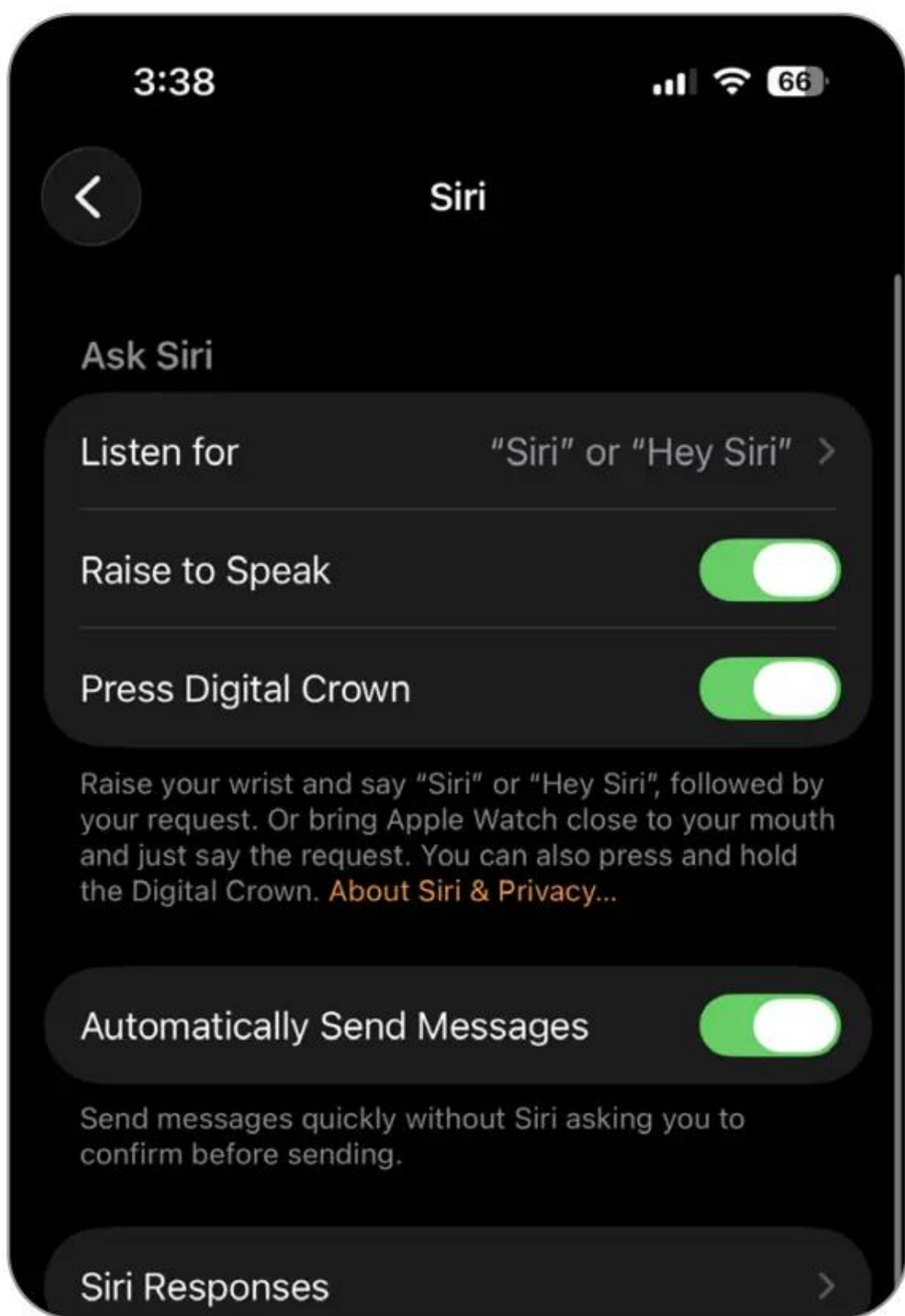
Under the Display & Brightness option, you can set the brightness of your Apple Watch’s screen and the size of its text using the sliders. You can also make all displayed text bold and set when it wakes and how long it wakes for; and modify always-on features.

Accessibility



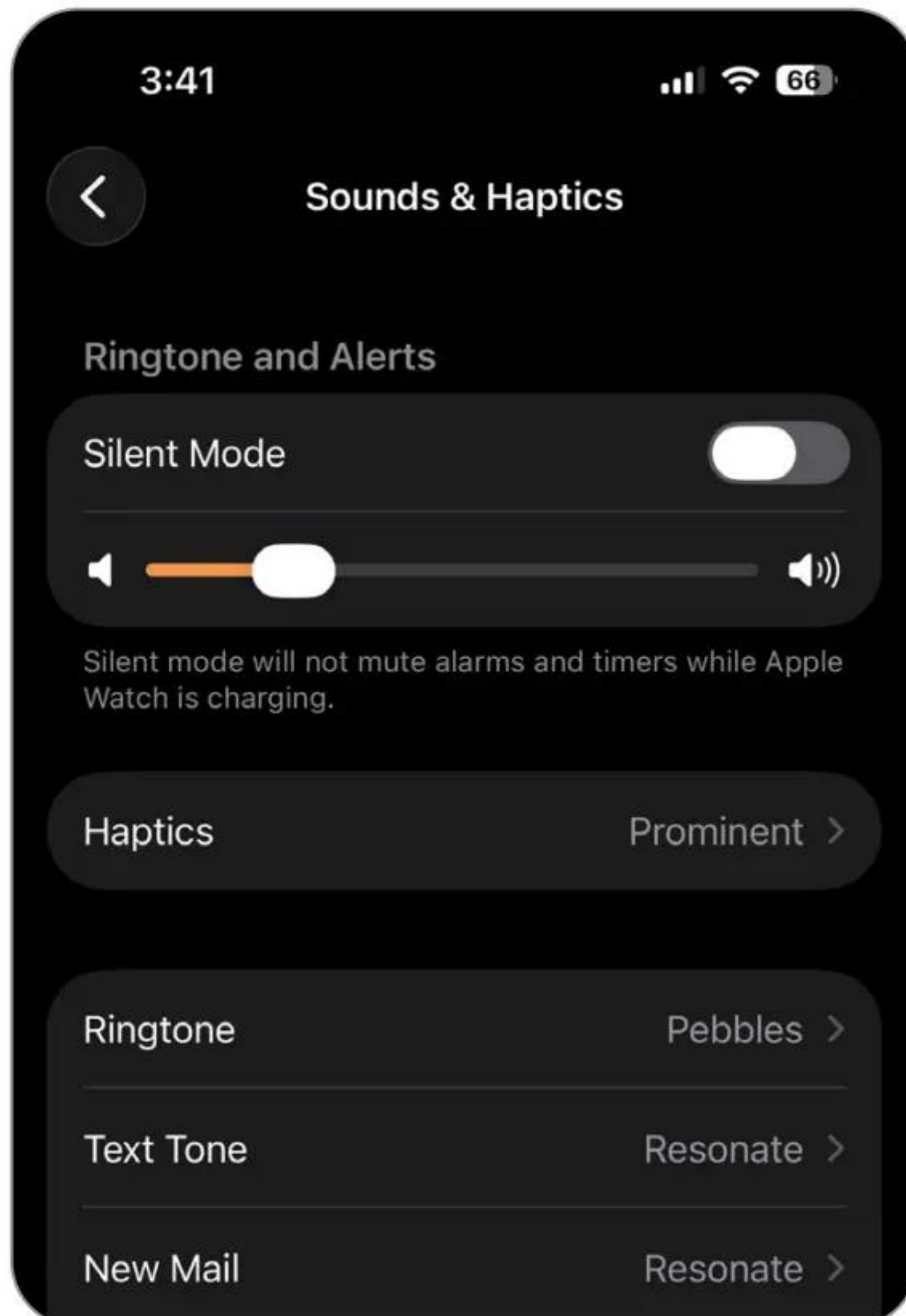
Accessibility options are off by default, but if you have an impairment, check this section. There are several things you can modify to make using your watch easier if you have a hearing, visual or motor impairment. You can even set up an Accessibility Shortcut.

Siri



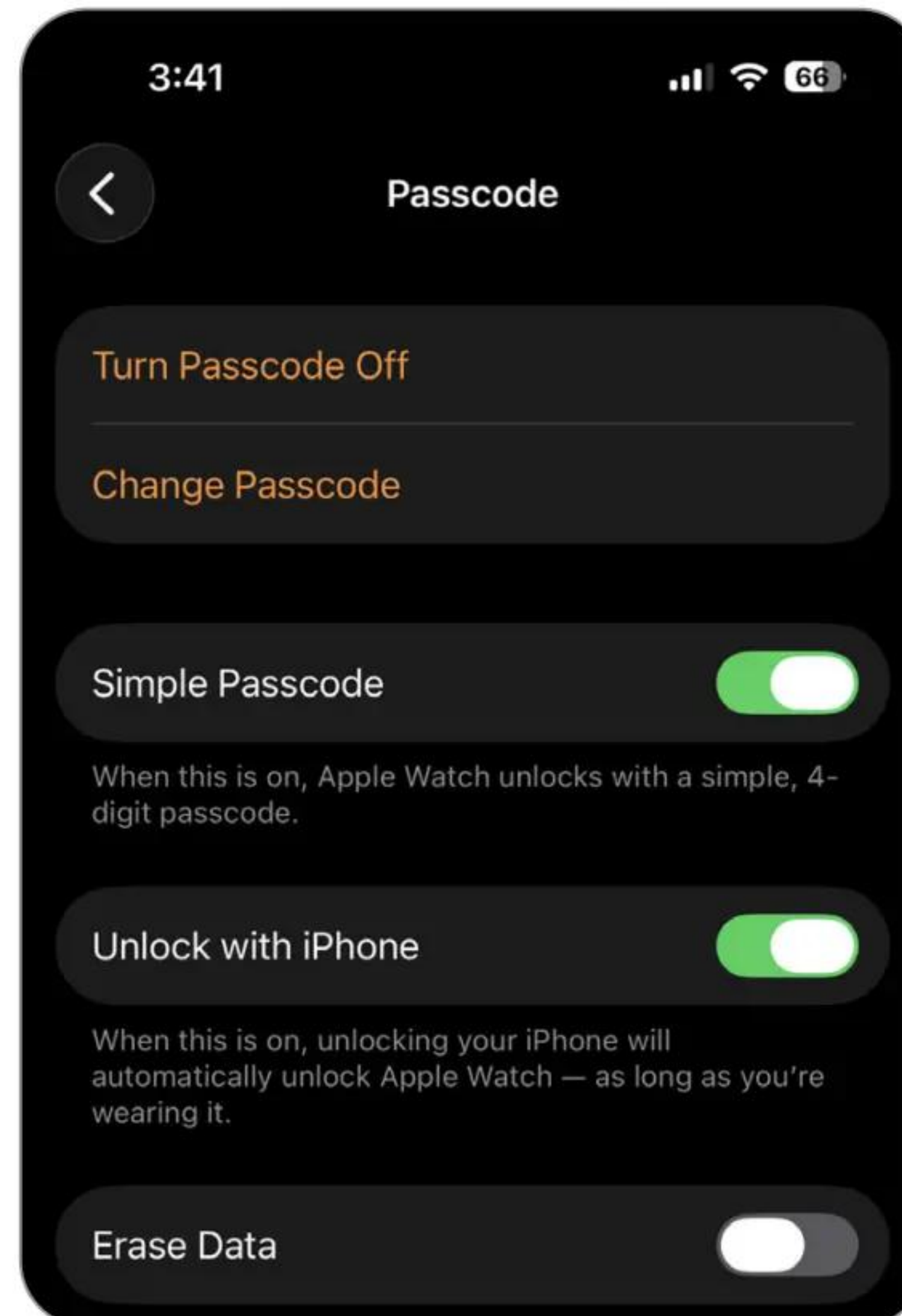
Siri is Apple’s personal digital assistant, and it’s built into your Apple Watch as well as your iPhone. Here you can choose whether to say ‘Hey Siri’, just ‘Siri’ or neither to wake the digital assistant as well as a host of other set-up tweaks and customisations.

Sounds & Haptics



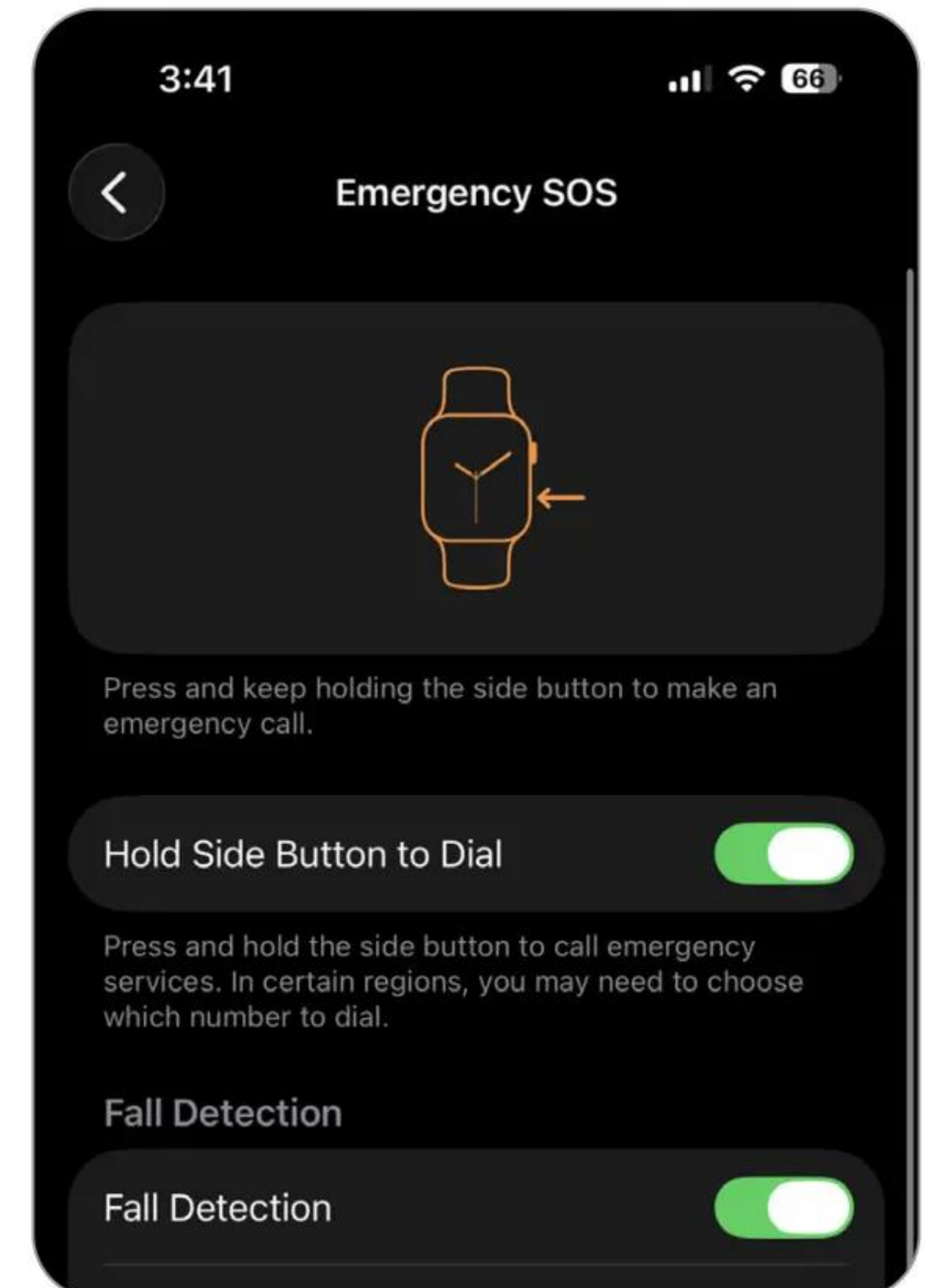
This section lets you configure your watch's sounds, and also its haptics, that is its vibration feedback. Set the alert volume, put it into Silent Mode, turn haptics on and off and set their level, and more. You can cover your watch with your hand to silence alerts too.

Passcode



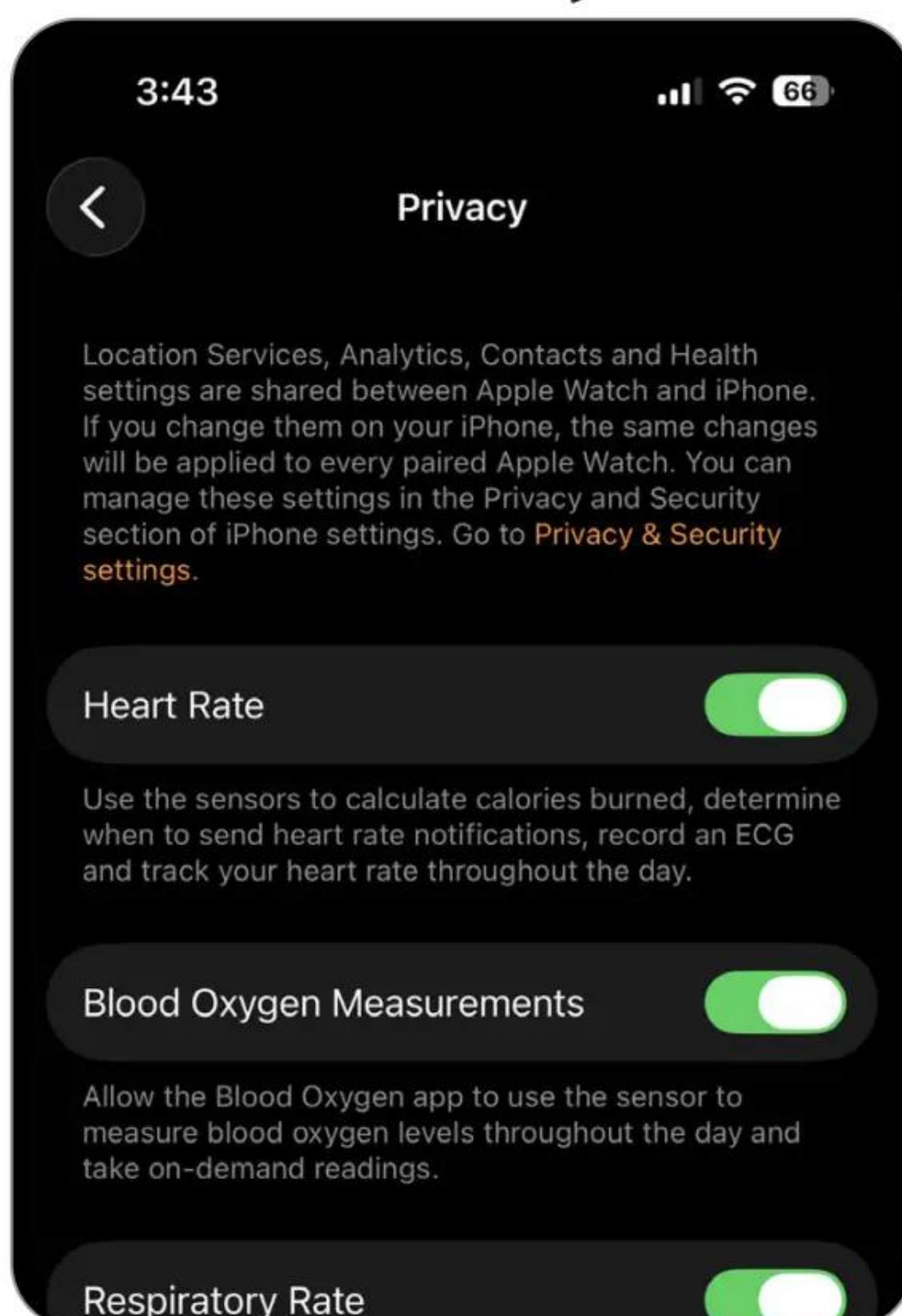
There are numerous options available regarding your watch's passcode. You can turn it off, change it and more. Turn on Erase Data and your watch is wiped after ten failed password attempts, and Wrist Detection locks it when you're not wearing your watch.

Emergency SOS



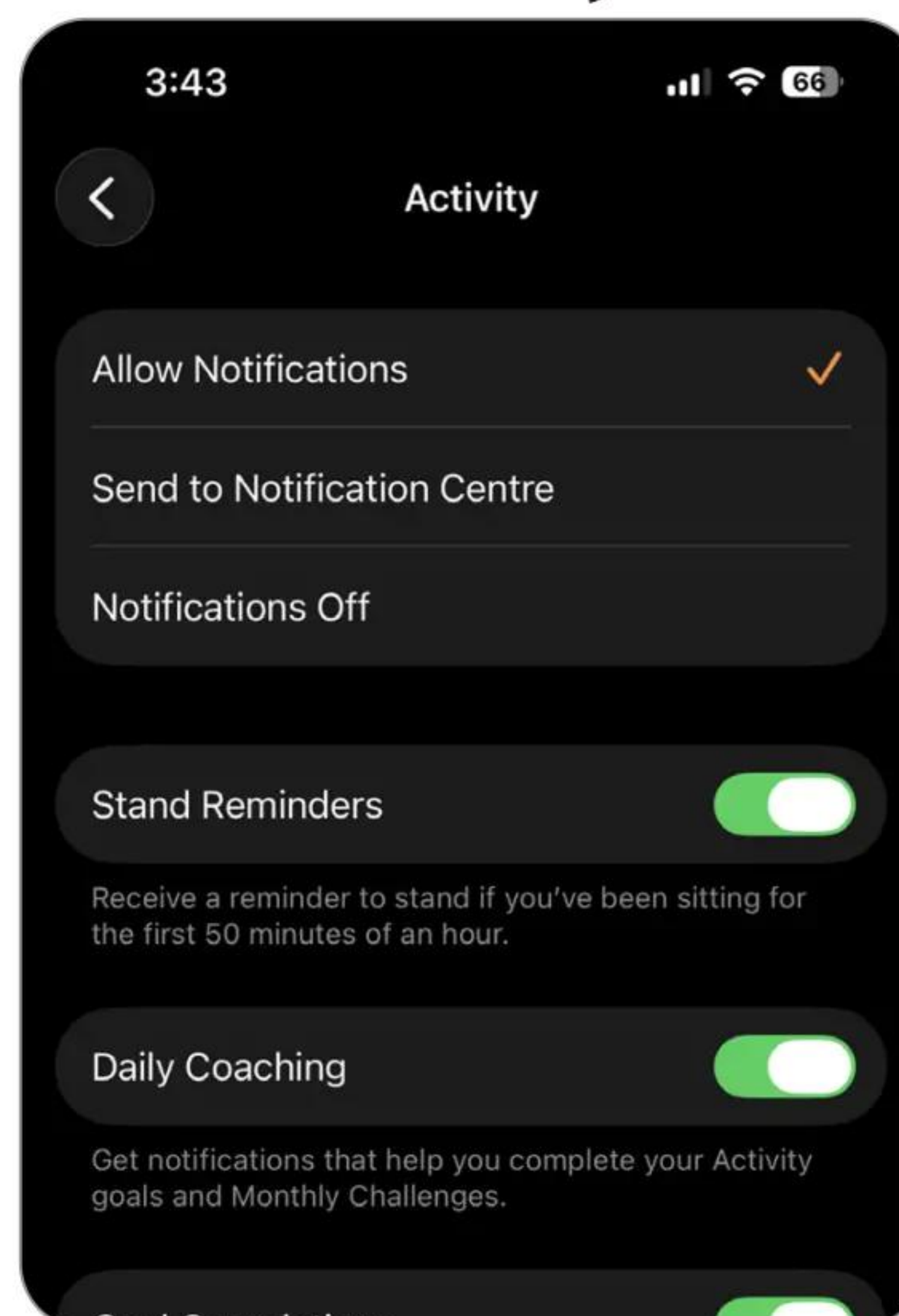
You can make an emergency call to your country's emergency number by holding the Side Button. In this section, you can turn this off, set the watch to call the emergency number if it detects that you've fallen and set up your Medical ID in the Health app.

Privacy



If there are certain things you'd rather the Apple Watch didn't measure, go here and turn them off. You can turn off Heart Rate, Respiratory Rate, Fitness Tracking, Blood Oxygen Measurements and more. You can turn on Environmental Sound Measurements too.

Activity



Activity is one of the Apple Watch's most popular features. You can configure the notifications it sends, and whether you want it to remind you to stand if you're spending too much time sitting down. Other options include notices for Special Challenges, Daily Coaching and more.

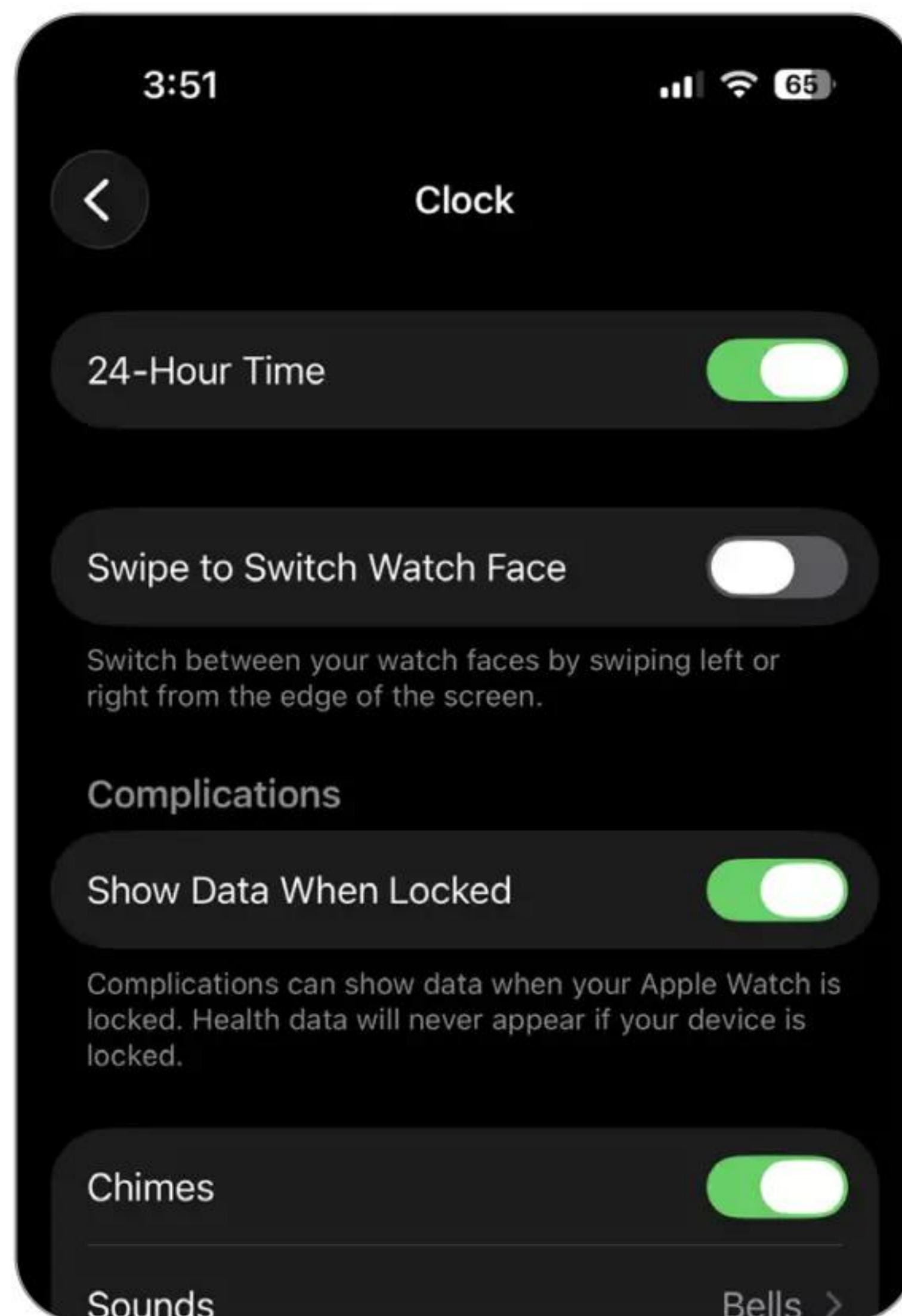
Blood Oxygen



The Blood Oxygen apps checks your oxygen levels throughout the day. You can turn this off if you don't want these checks. It uses potentially distracting bright red LEDs, so you can set it to be on or off when the watch is in Sleep, Focus and/or Cinema Mode.

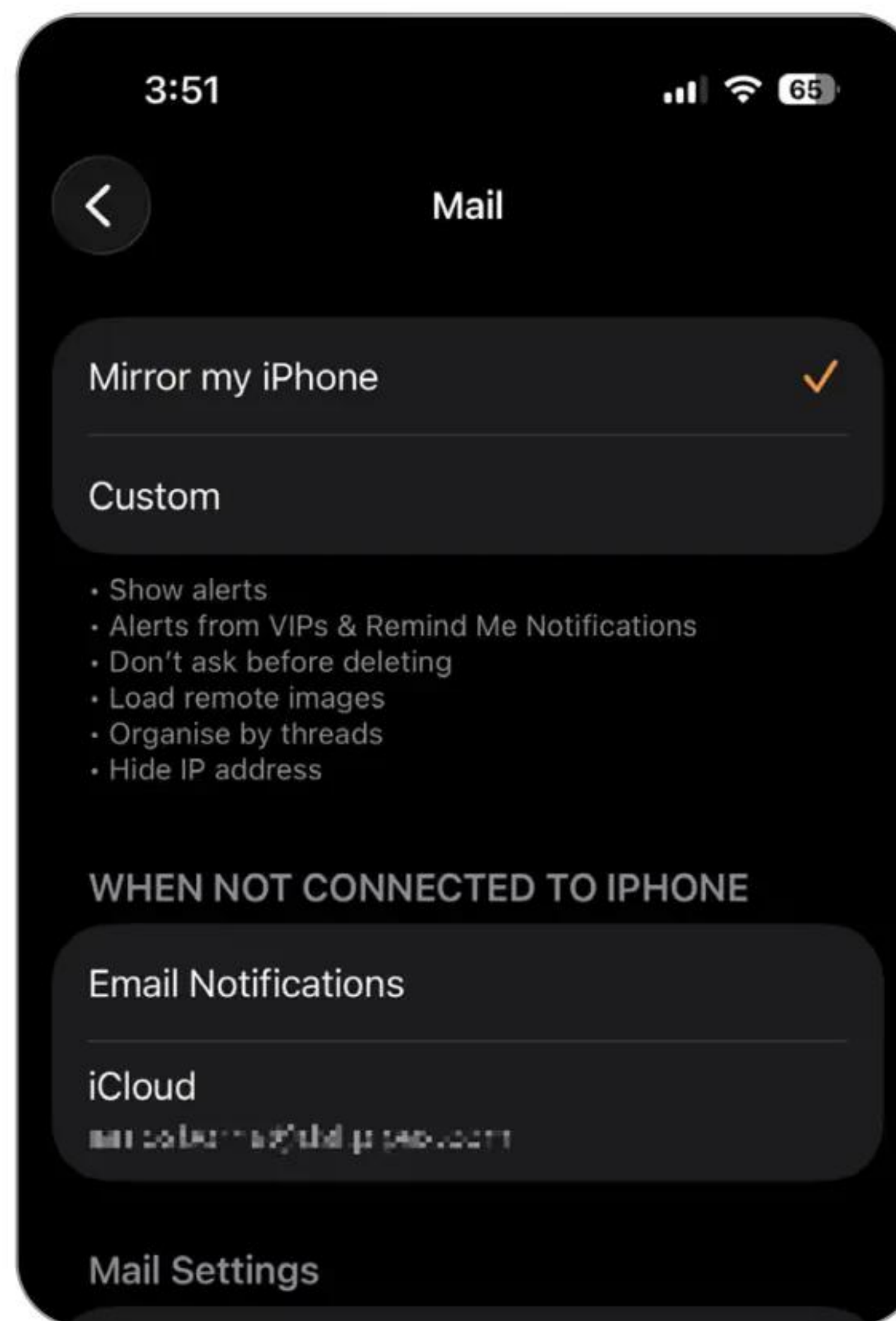


Clock



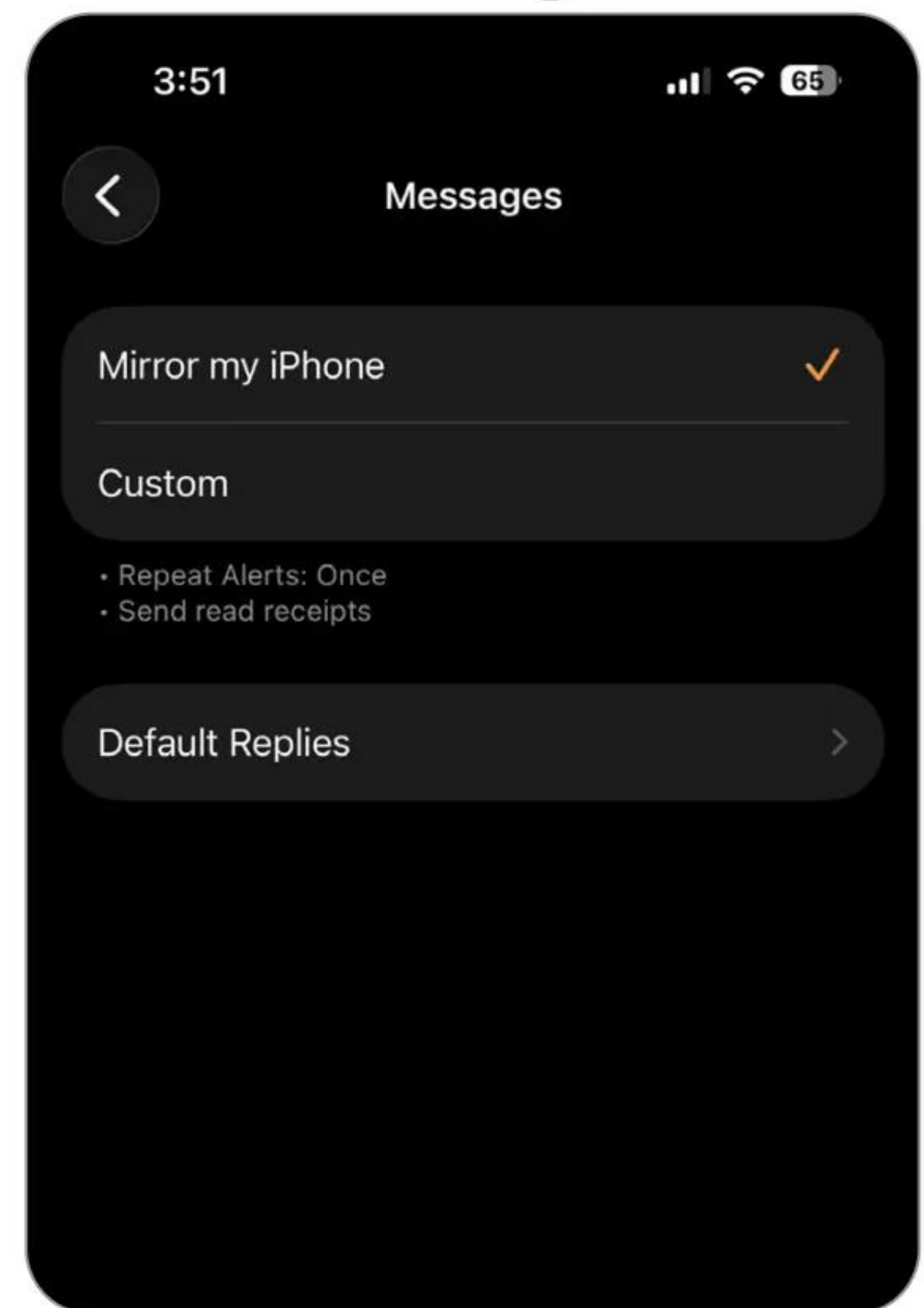
If you wish to use a 24-hour clock instead of 12-hour when using a digital watch face, turn on the option here. You can also have chimes play every hour, on the hour, have the time spoken when you place two fingers on the watch face, set a monogram for faces that use them and more.

Mail



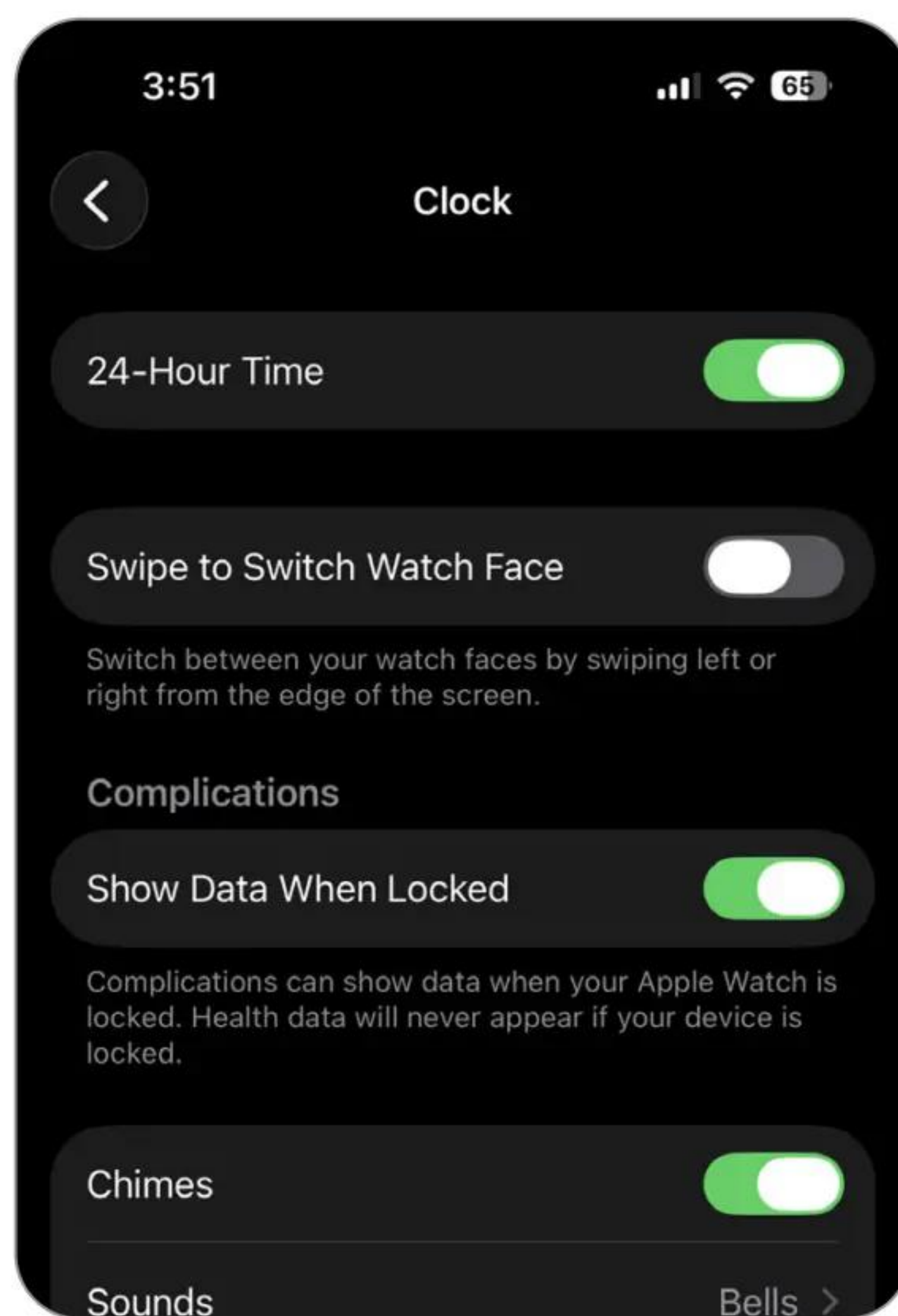
In the Mail options, you can set which of your email accounts send you notifications when an email arrives. You can configure your Mail notifications, set up default replies to answer emails from your watch and more. There's a lot you can configure in the watch's Mail app.

Messages



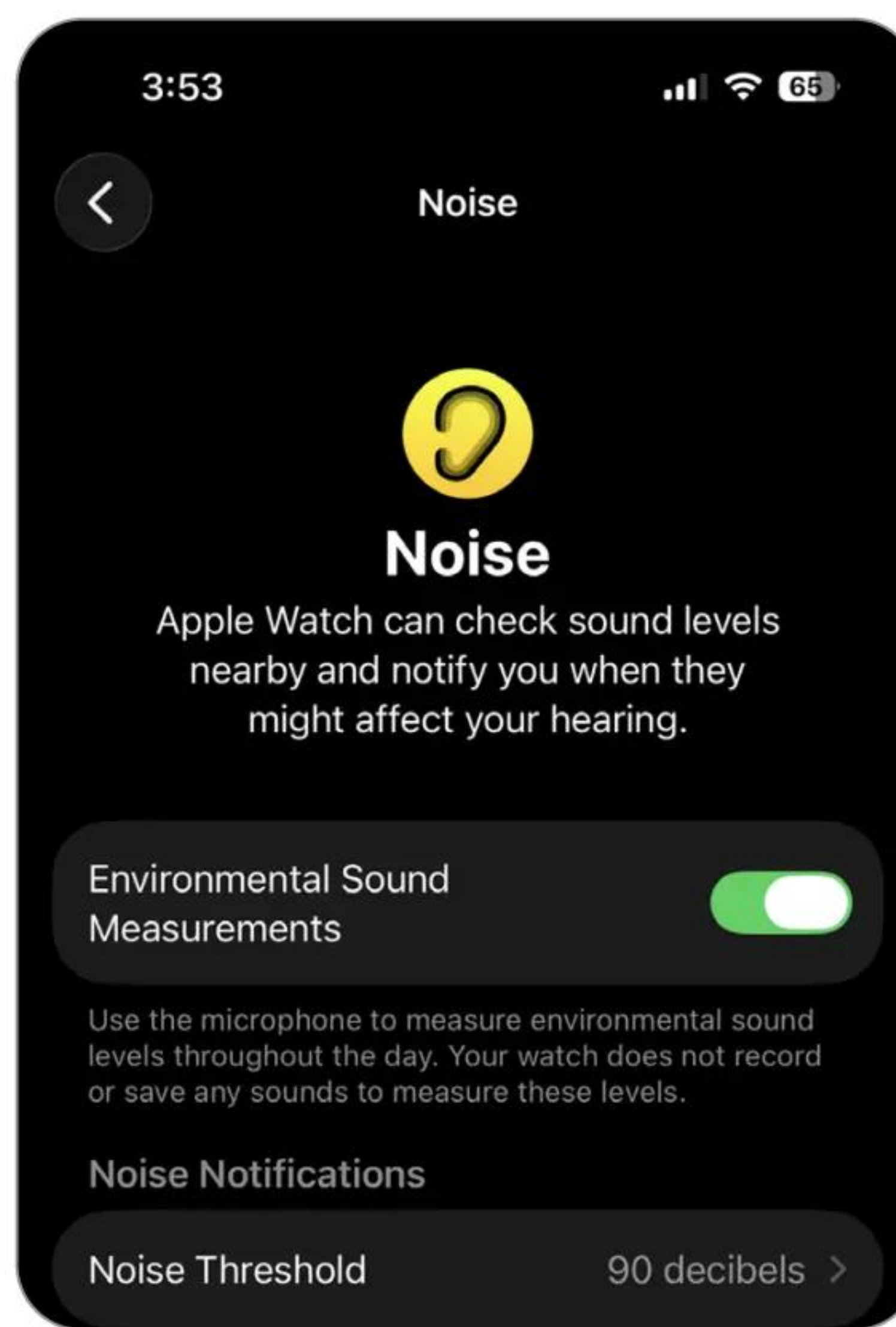
When you receive a message on your iPhone, you can get an audio and/or haptic alert on your watch. Again, you can use default replies if you want to answer a message using your watch, and you can add custom default replies to the list of those on offer.

Music



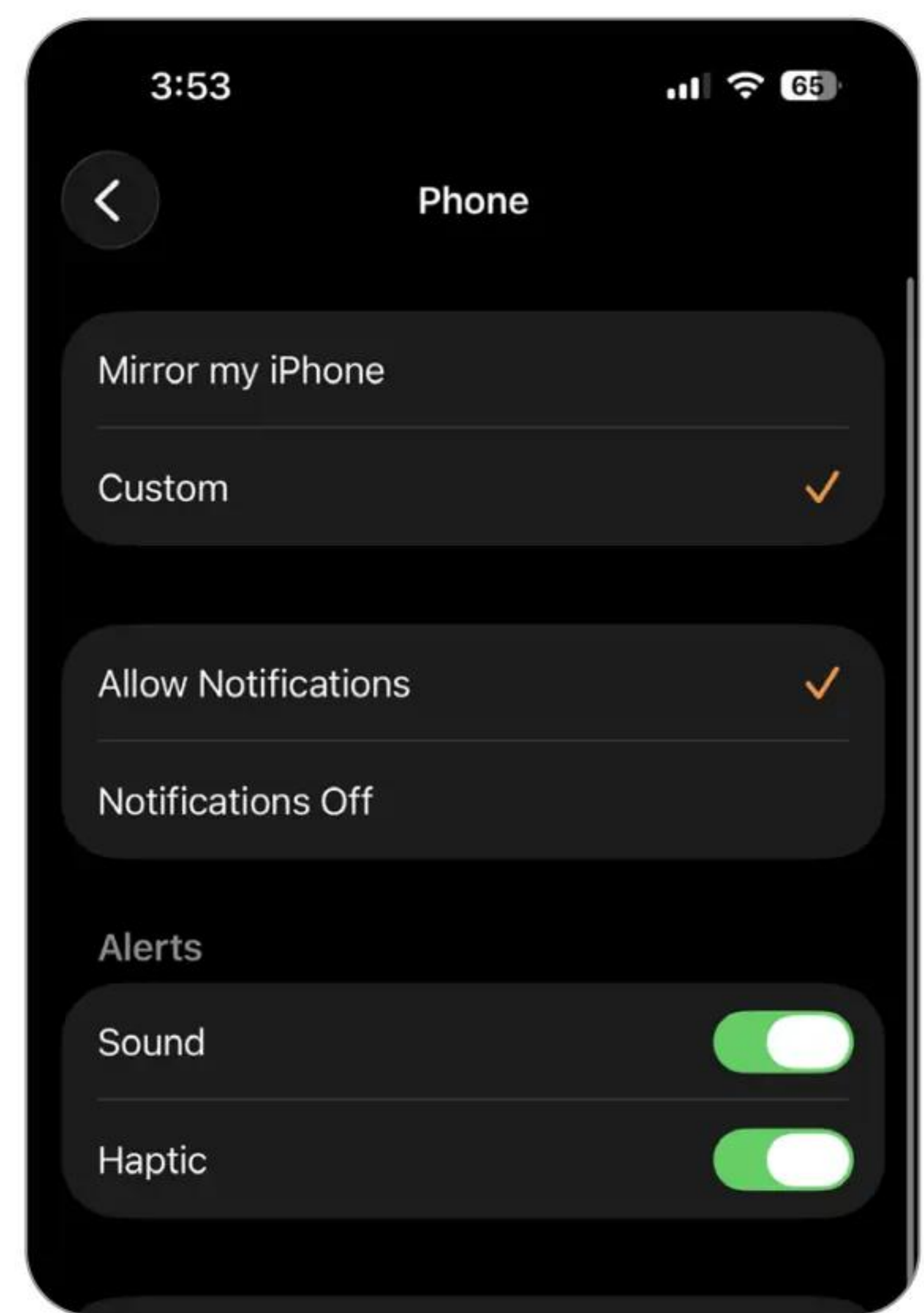
You can listen to your music directly from your Apple Watch, by copying your tracks to the watch. Music you've recently listened to is automatically added (you can switch this off), and you can add music from your iPhone, as long as it's nearby and your watch is charging.

Noise



Your Apple Watch can check environmental sound levels, and warn you if they're so high they might affect your hearing. Turn on Environmental Sound Measurements, and set the noise threshold for the warnings. Just the thing if you work in a noisy environment.

Phone



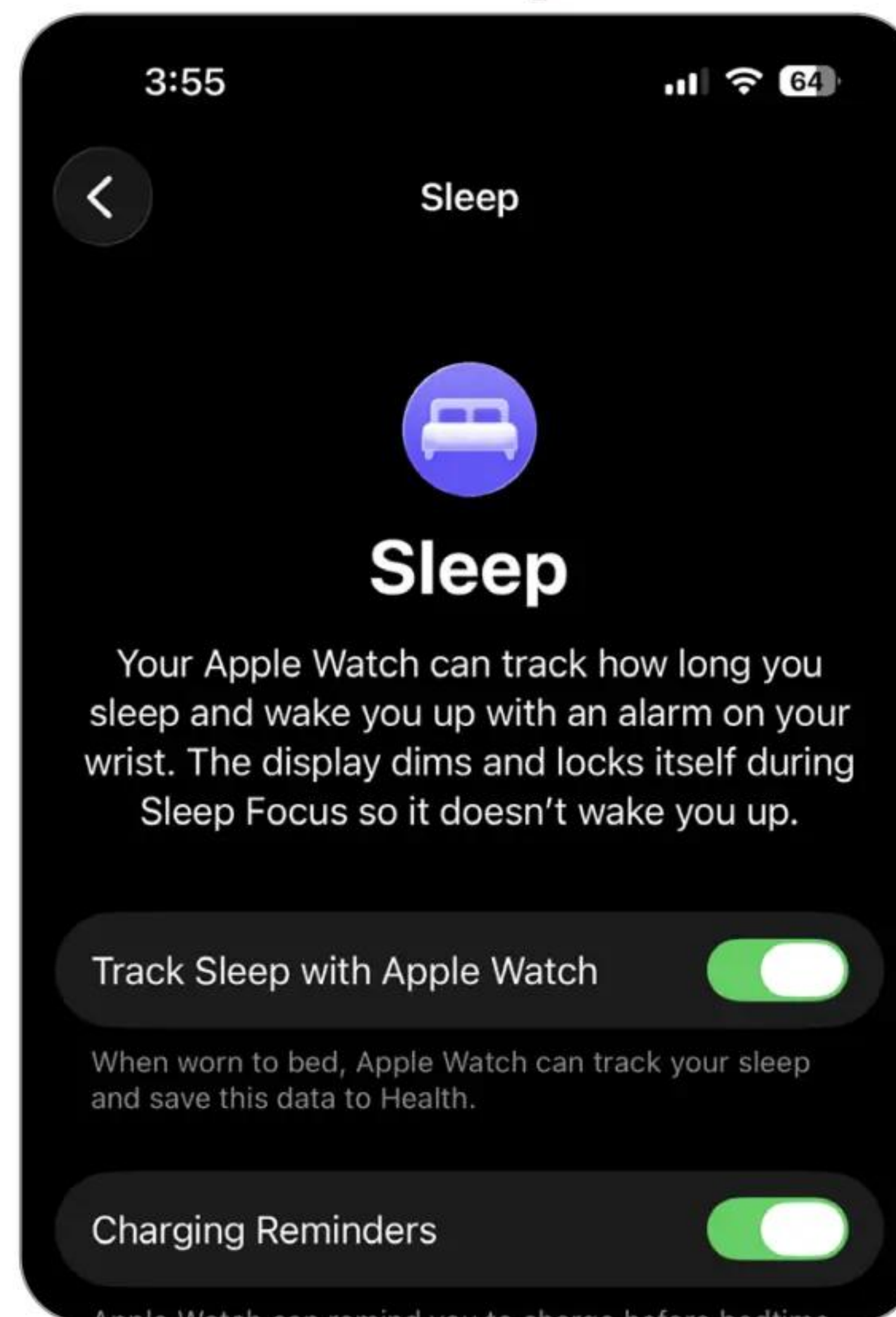
You can take phone calls on your watch, and there are numerous settings you can change. If your settings mirror your iPhone's, you can only change the ringing alerts, but if you use custom settings you can configure notifications from the Phone app too.

Photos



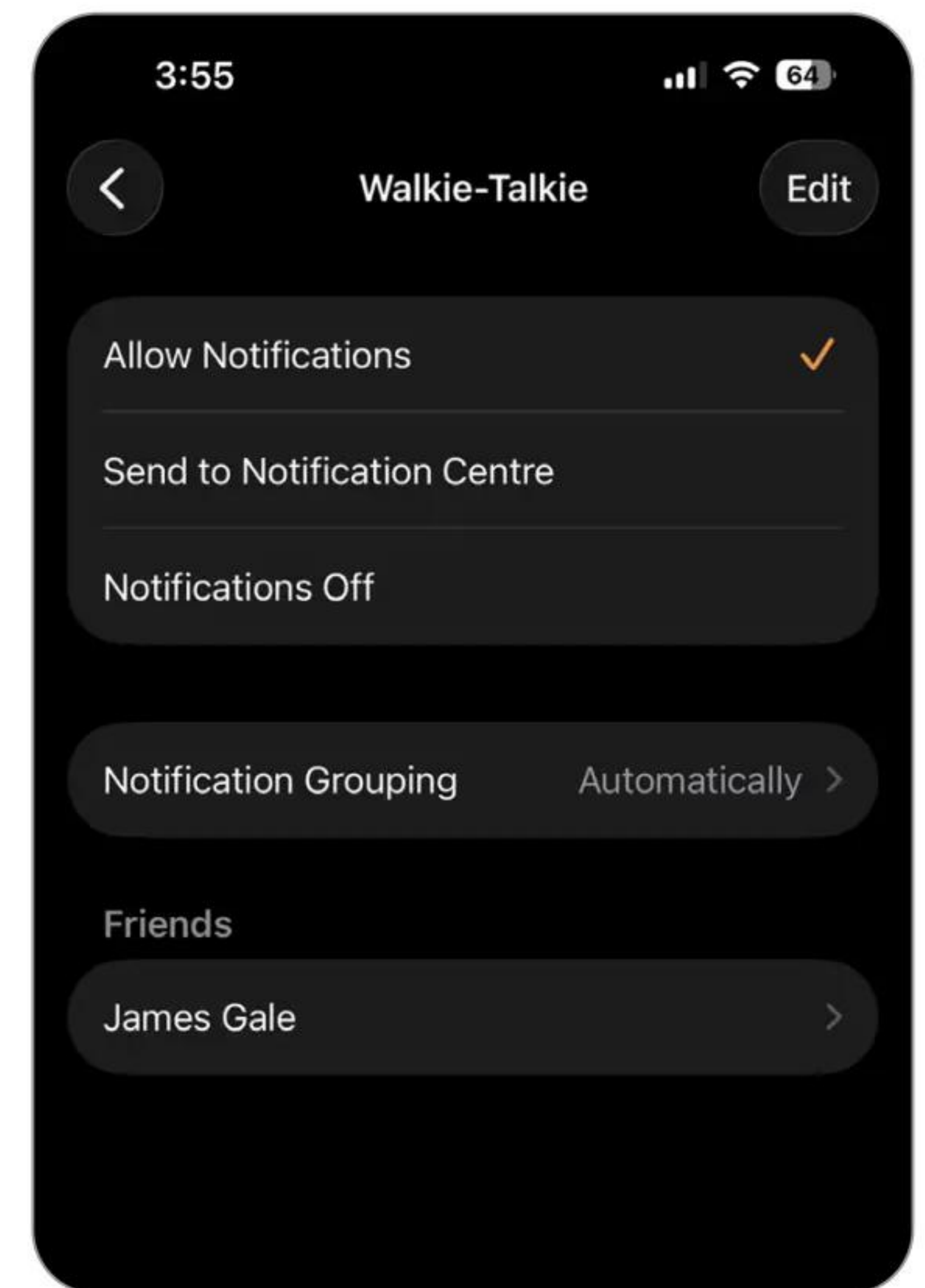
You can enjoy your photos directly from your Apple Watch. They sync automatically from your iPhone, along with Memories and featured photos, but you can turn these off if you want. Set a limit of 25, 100, 250 or 500 photos according to how much space you have.

Sleep



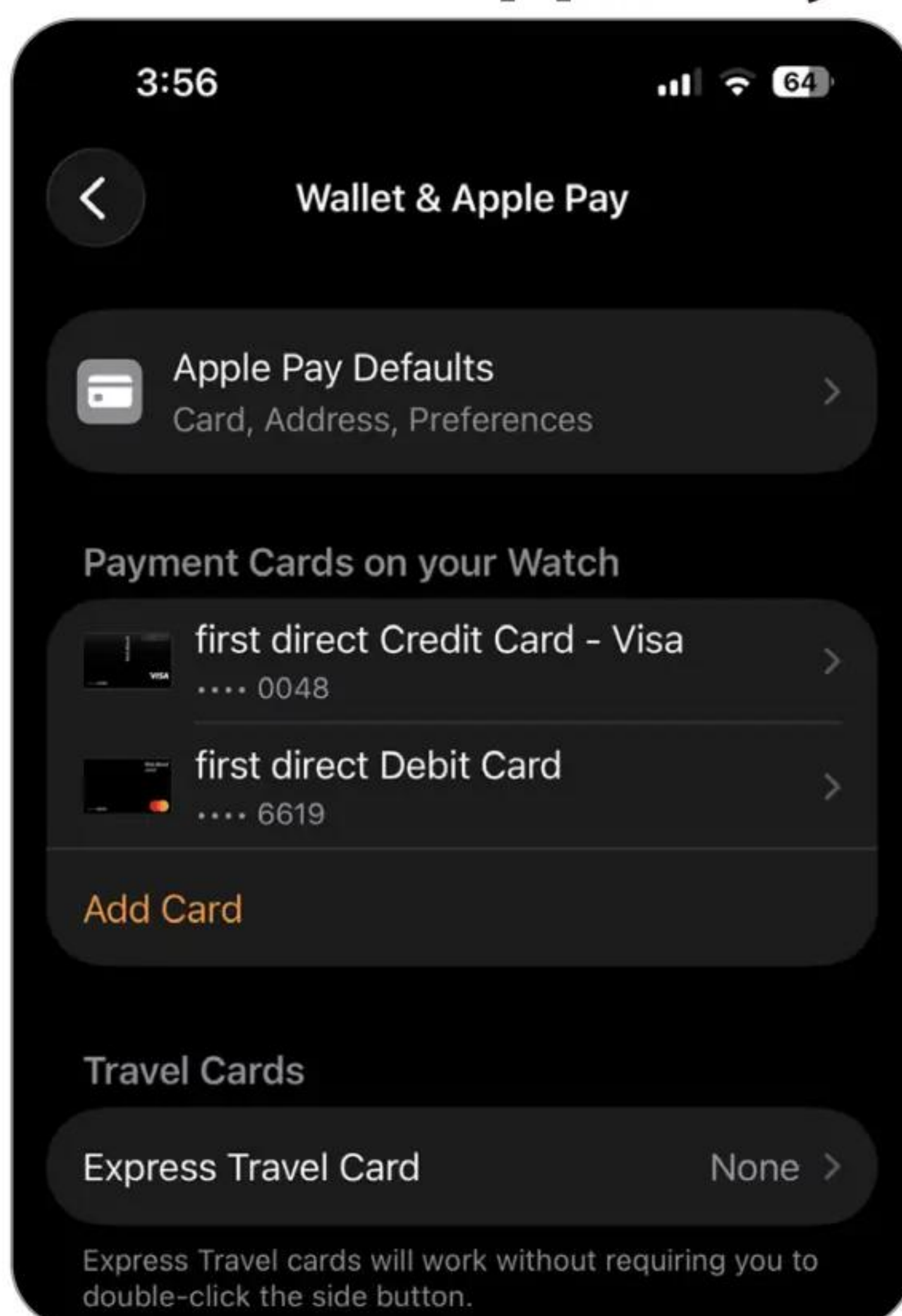
Your Apple Watch can track how long you sleep, and wake you up with an alarm on your wrist. The display dims and locks itself at bedtime so it won't wake you up. Open the Sleep feature here, or you can set up the feature in the Health app on your iPhone.

Walkie-Talkie



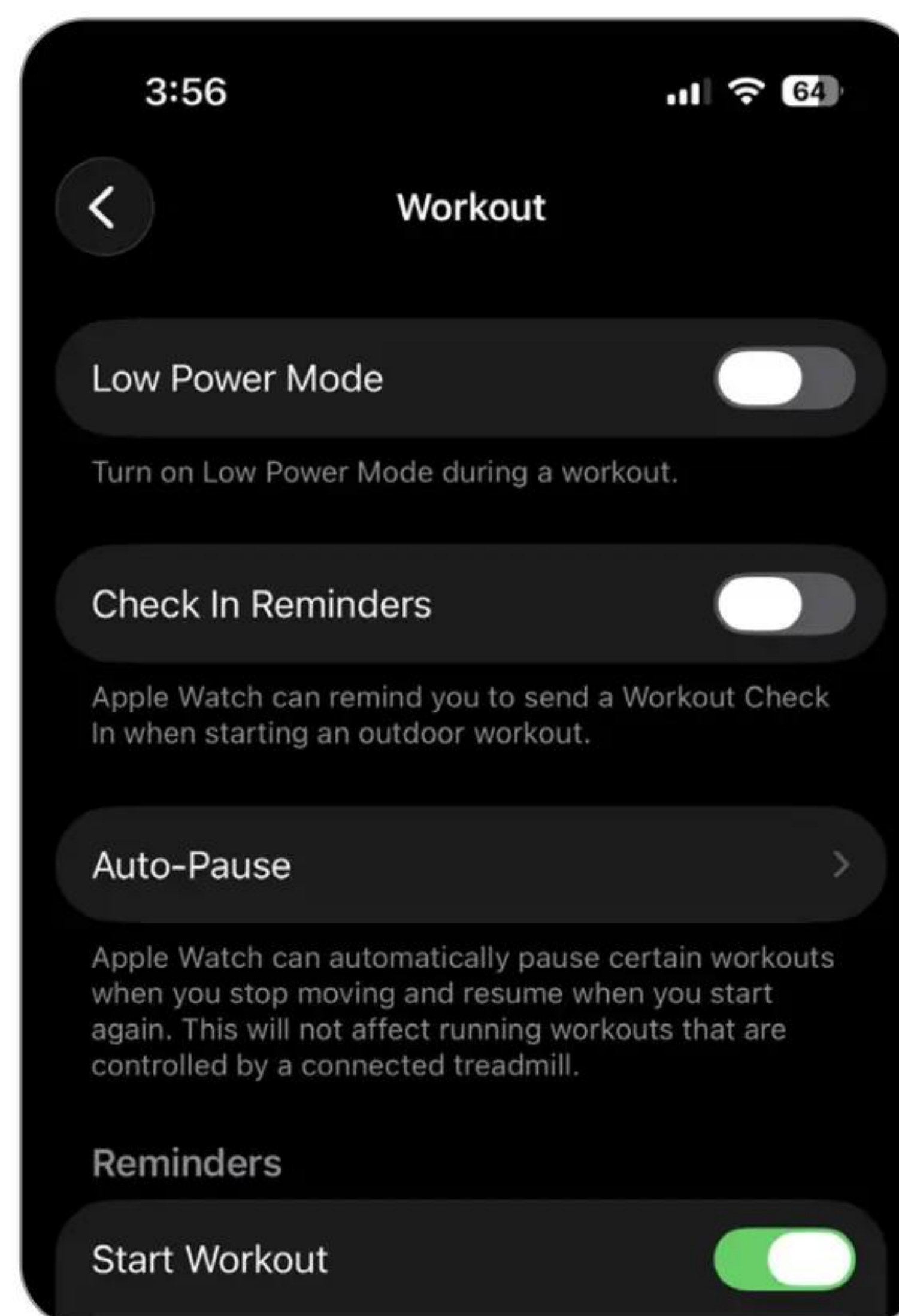
In the Walkie-Talkie section, you can customise the feature's notification access. To add a contact to Walkie-Talkie, go to the app on your Apple Watch, select the contact in question (drawn from your Contacts app), and turn it on; then they appear here.

Wallet & Apple Pay



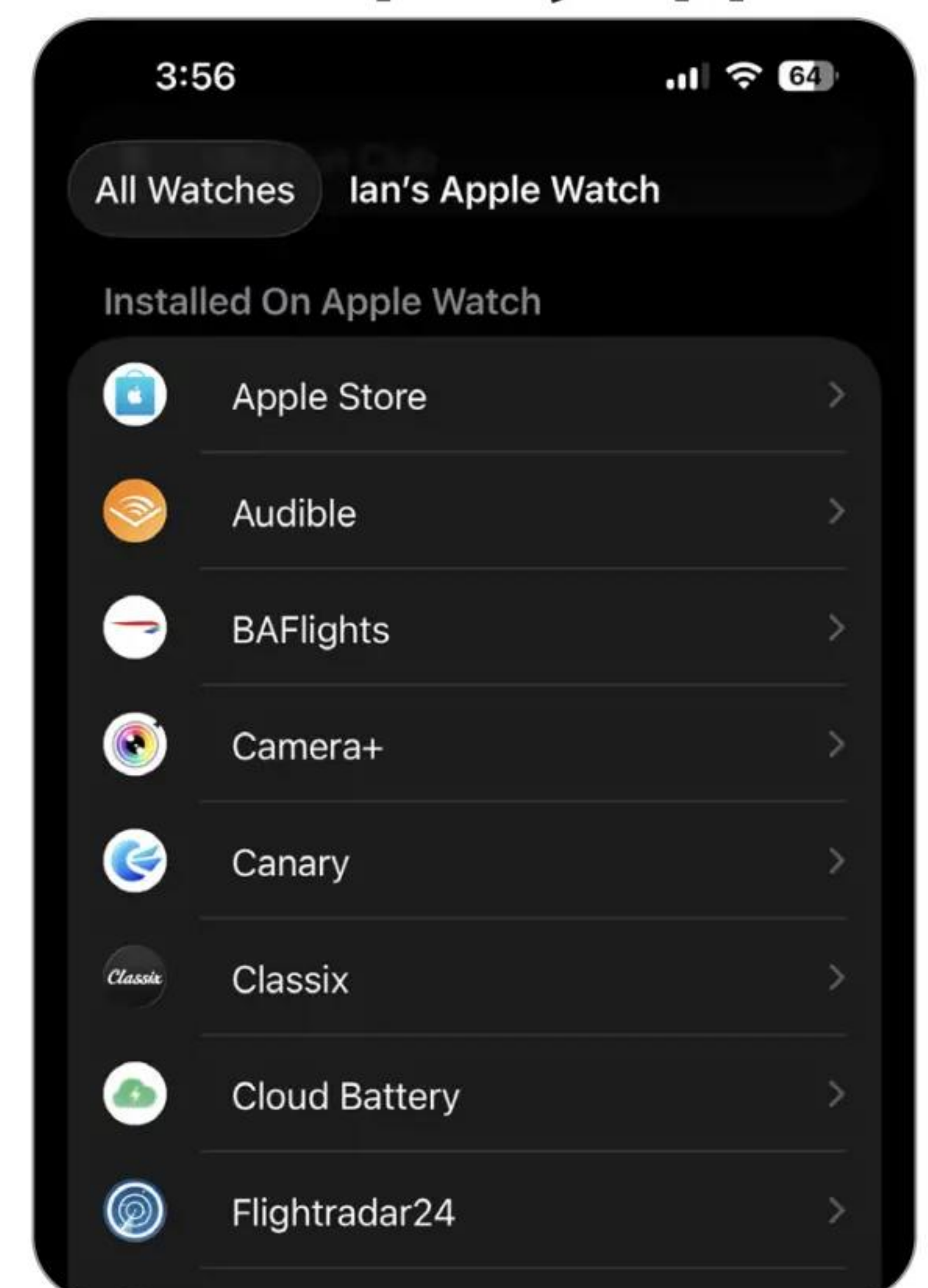
If you want to add credit and debit cards to your Apple Watch's Wallet & Apple Pay app, do so here. Tap Add Card and follow the instructions. Tap a card for its details and the opportunity to remove it. You can also set a default card to use, a shipping address and more.

Workout



Workout is another popular watch feature. Tap Workout View to customise the information fed to you by specific workouts. Power Saving Mode turns off a few features to save battery power when working out, and there are lots of other things you can set up too.

Third-party Apps



At the bottom of the My Watch section are third-party apps that can appear on your watch; first those you've installed, and then those on your iPhone, but not yet installed on your watch. Tap Install to do so. Tap an app that's on your watch and you can remove it.



Notifications on Apple Watch

Your Apple Watch brings you a wealth of notifications from built-in apps such as Calendar, Mail, Messages, Maps and Activity. Third-party apps can also send notifications. From watchOS 9 onwards, incoming notifications arrive in discreet, unobtrusive banners when the watch is active too. Here's how to use and configure your Apple Watch's notifications.

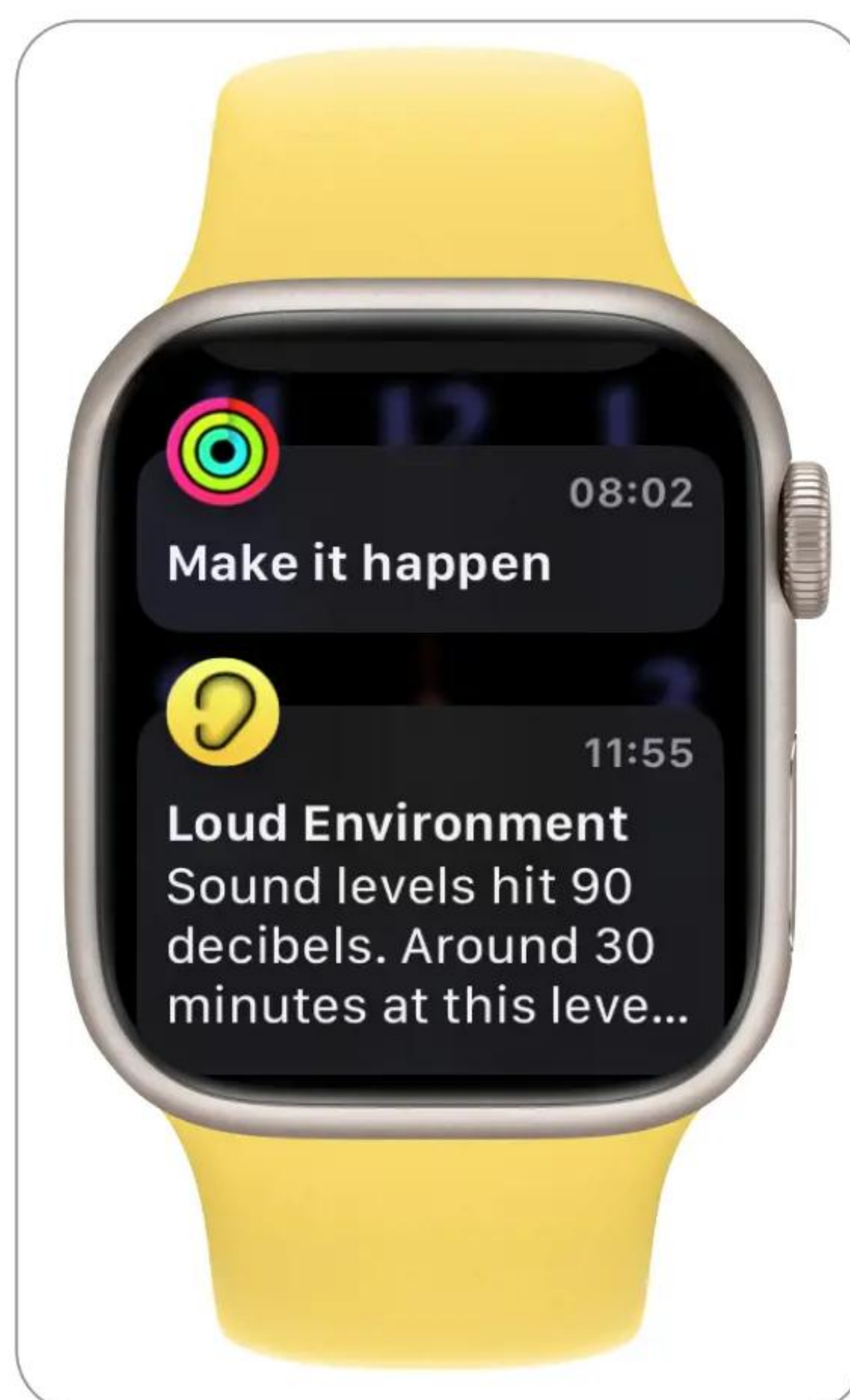


Using Your Notifications

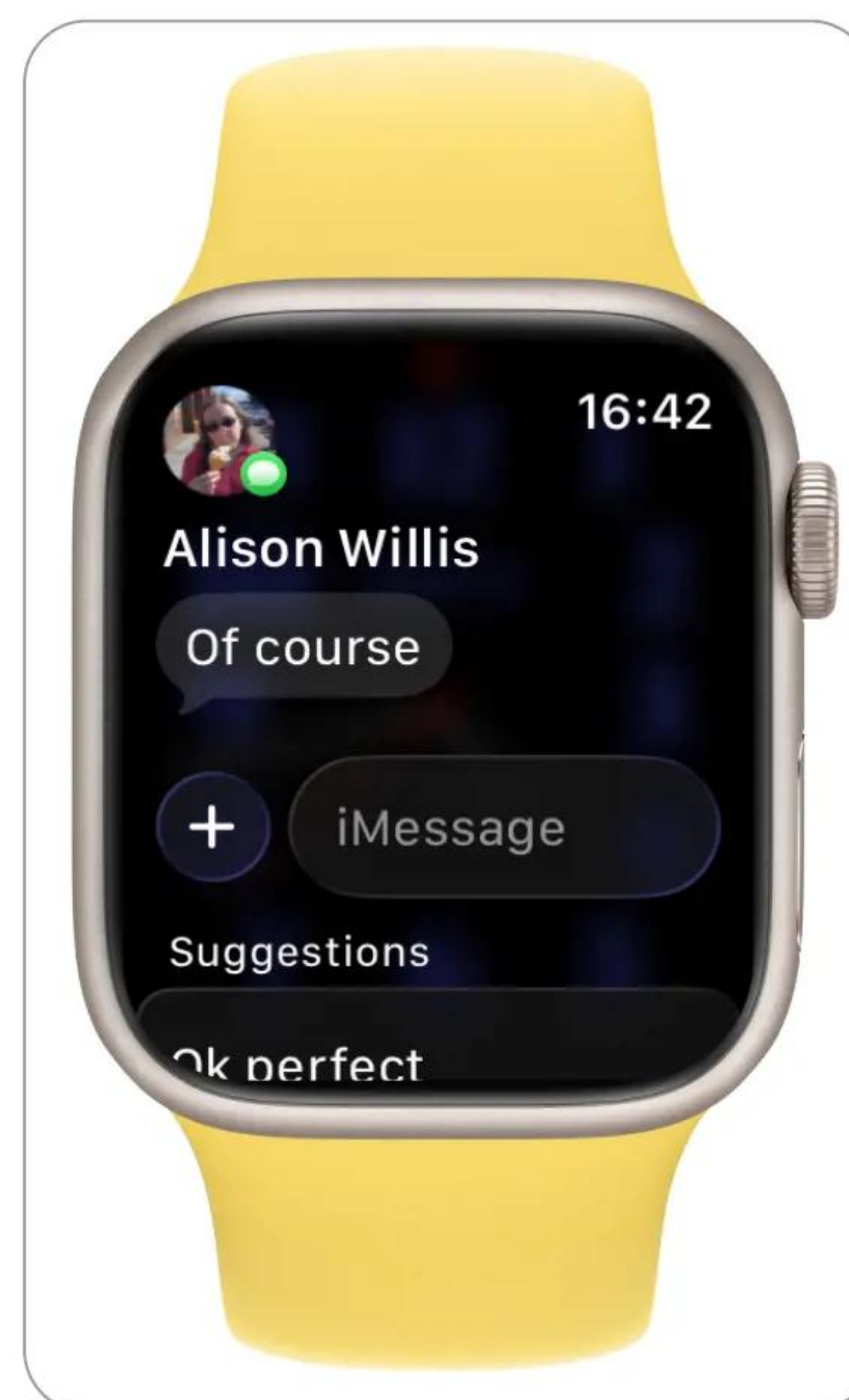
Making use of the Apple Watch's notifications feature is easy. Follow this guide and you'll soon have a huge amount of information right there at your fingertips, sent by your favourite apps and services on your Apple Watch.



1 When your Apple Watch has received a notification which you haven't yet read, a red dot is shown at the top of the screen. Swipe down on the screen to review your notifications, whether read or unread.



2 Scroll through notifications with the Digital Crown. You get previews of each item; tap one for the full notification. If it's a first-party app, tap again to go to the app that created it, eg, an email takes you to the Mail app.

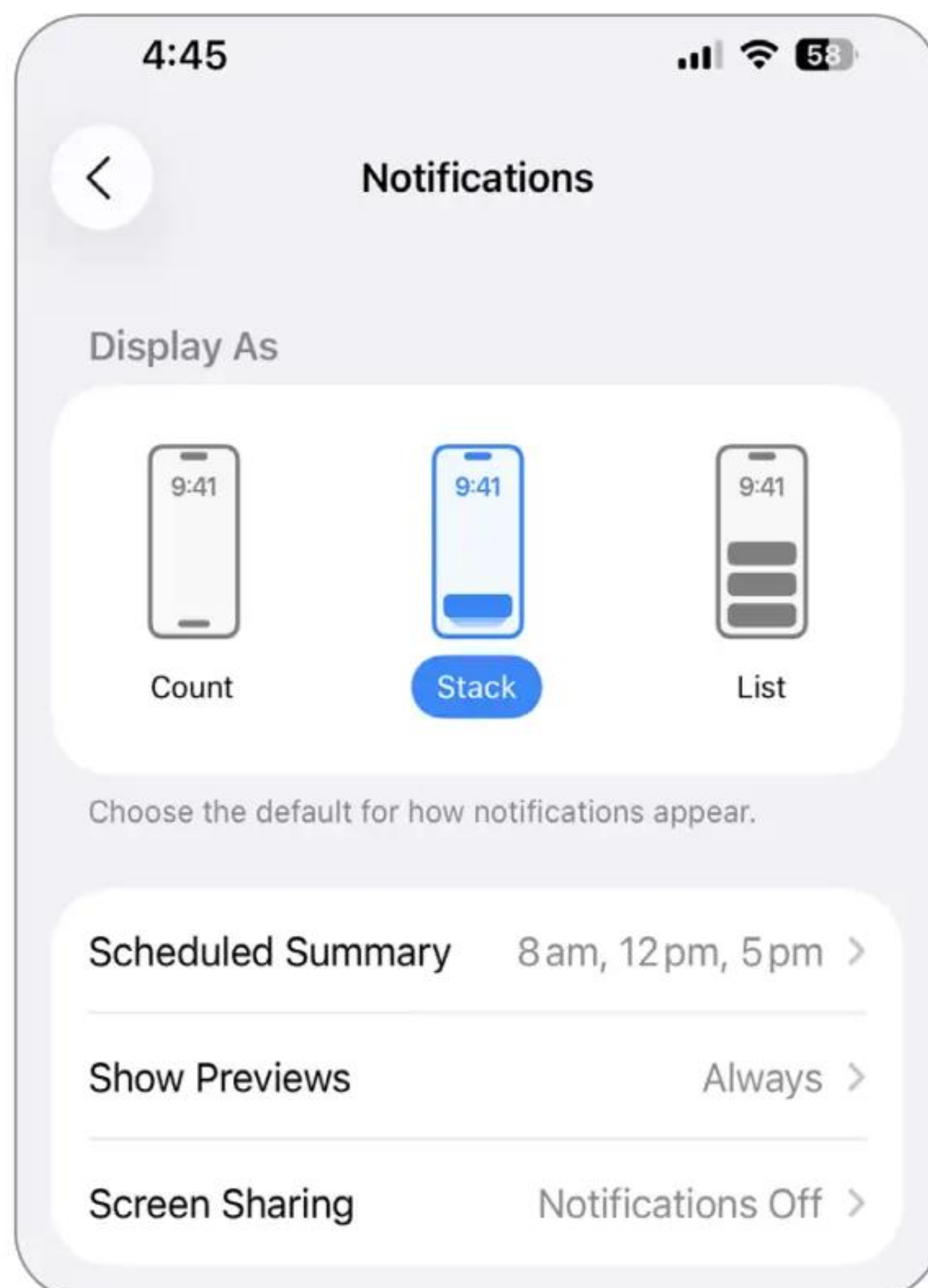


3 Look at your watch as soon as you hear the notification tone and you see an indicator from the app that sent it, followed by the notification itself. You can stop this happening if you wish. Read on to see how.

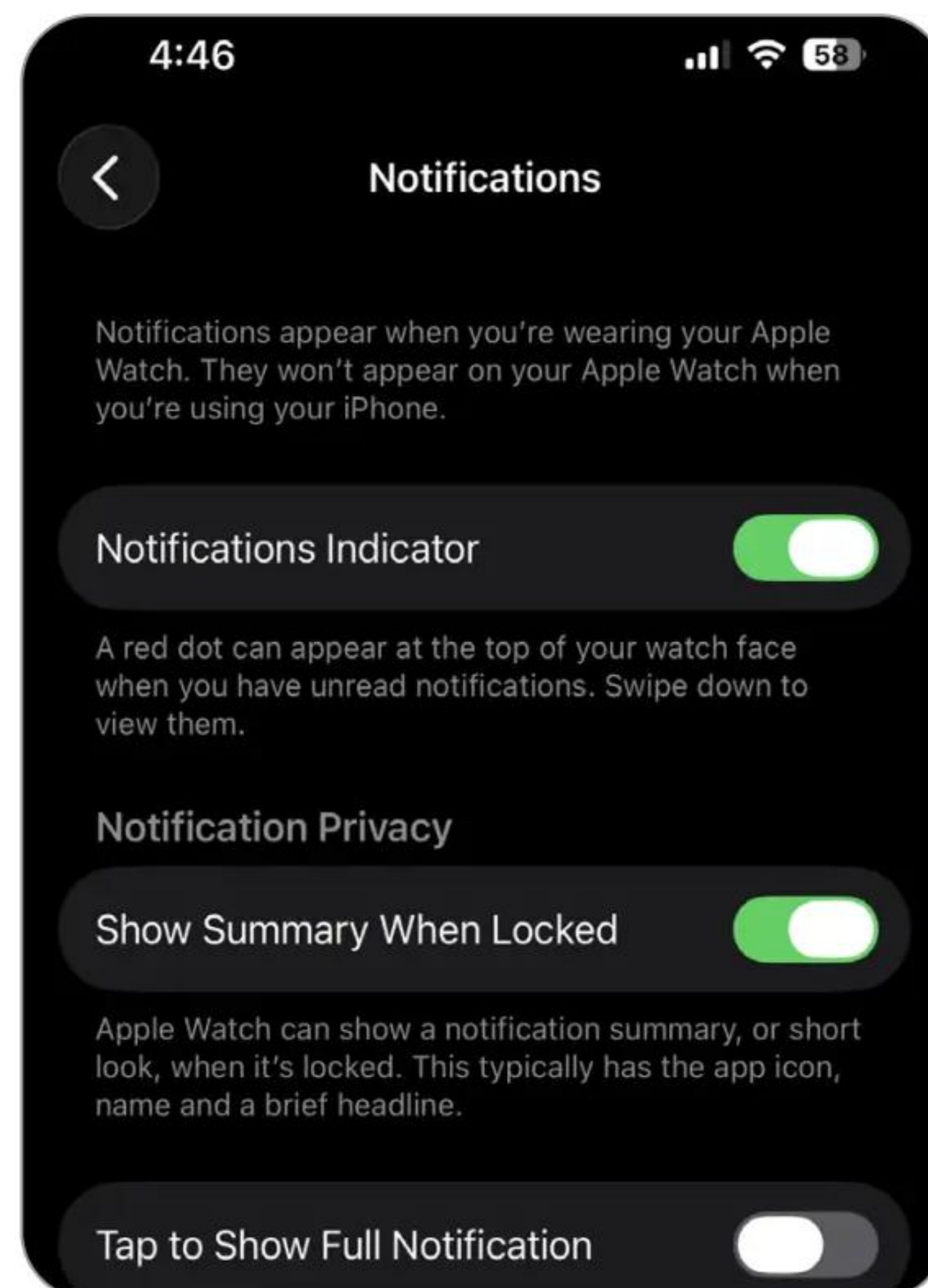


Configuring Your Notifications

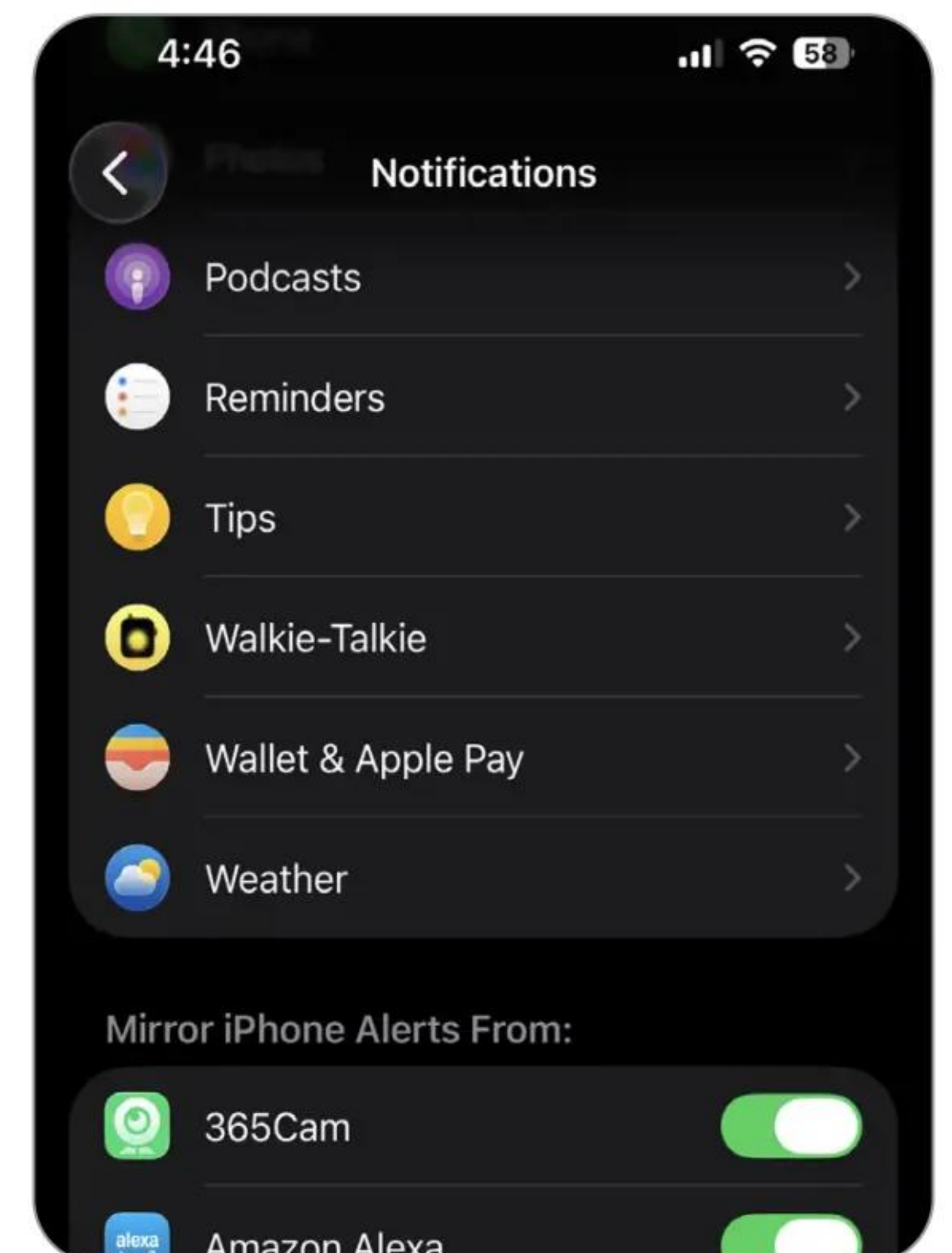
Your Apple Watch's notifications service is far more effective when you've configured it to suit your specific needs. Here's a brief guide to doing just that, using the iPhone's Watch app.



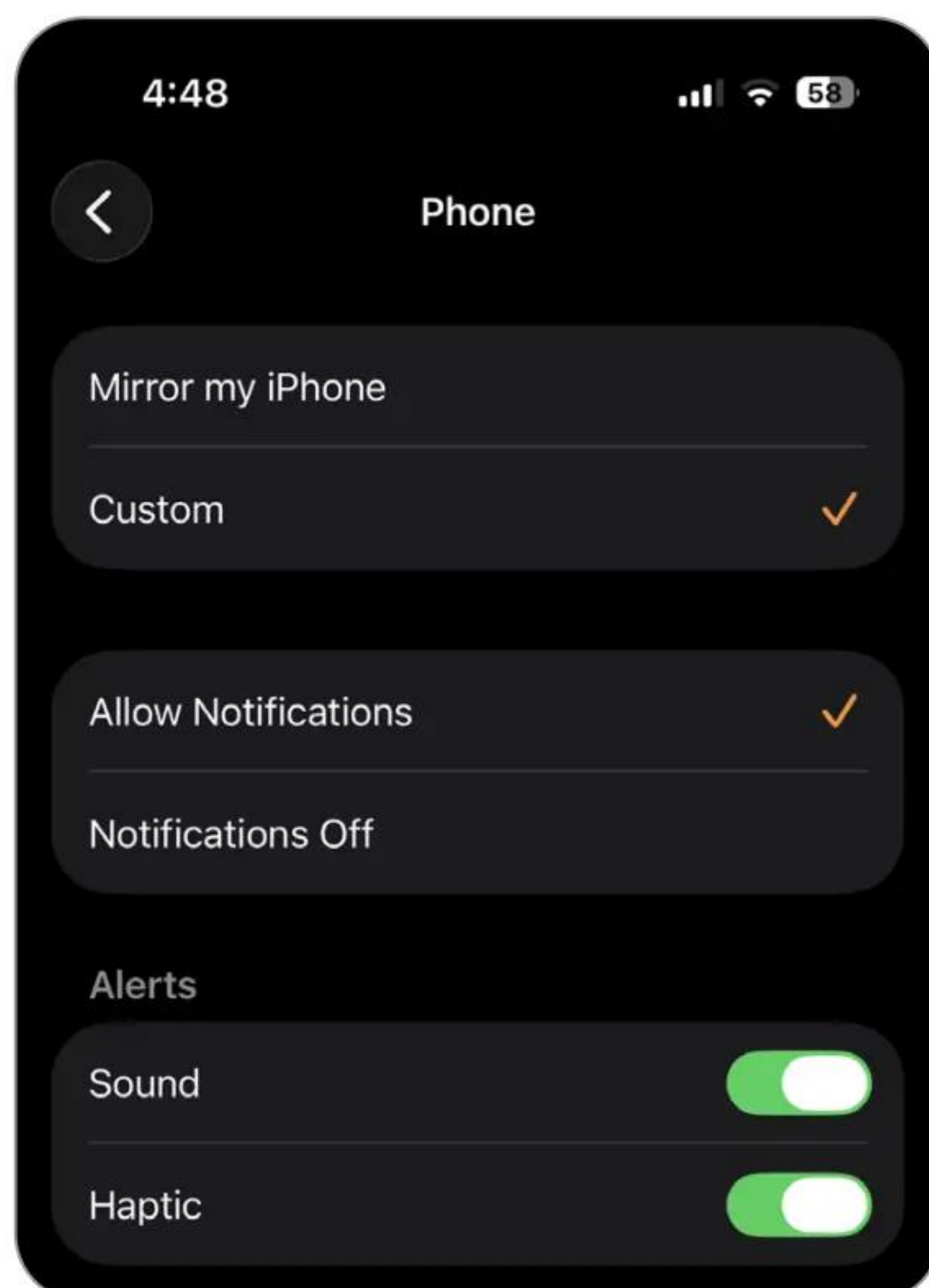
1 On your iPhone open the Settings app and go to Notifications. Tap on an app name to see how that particular app sends notifications to your iPhone. When its Apple Watch component is set to 'Mirror iPhone', this is what the setting does.



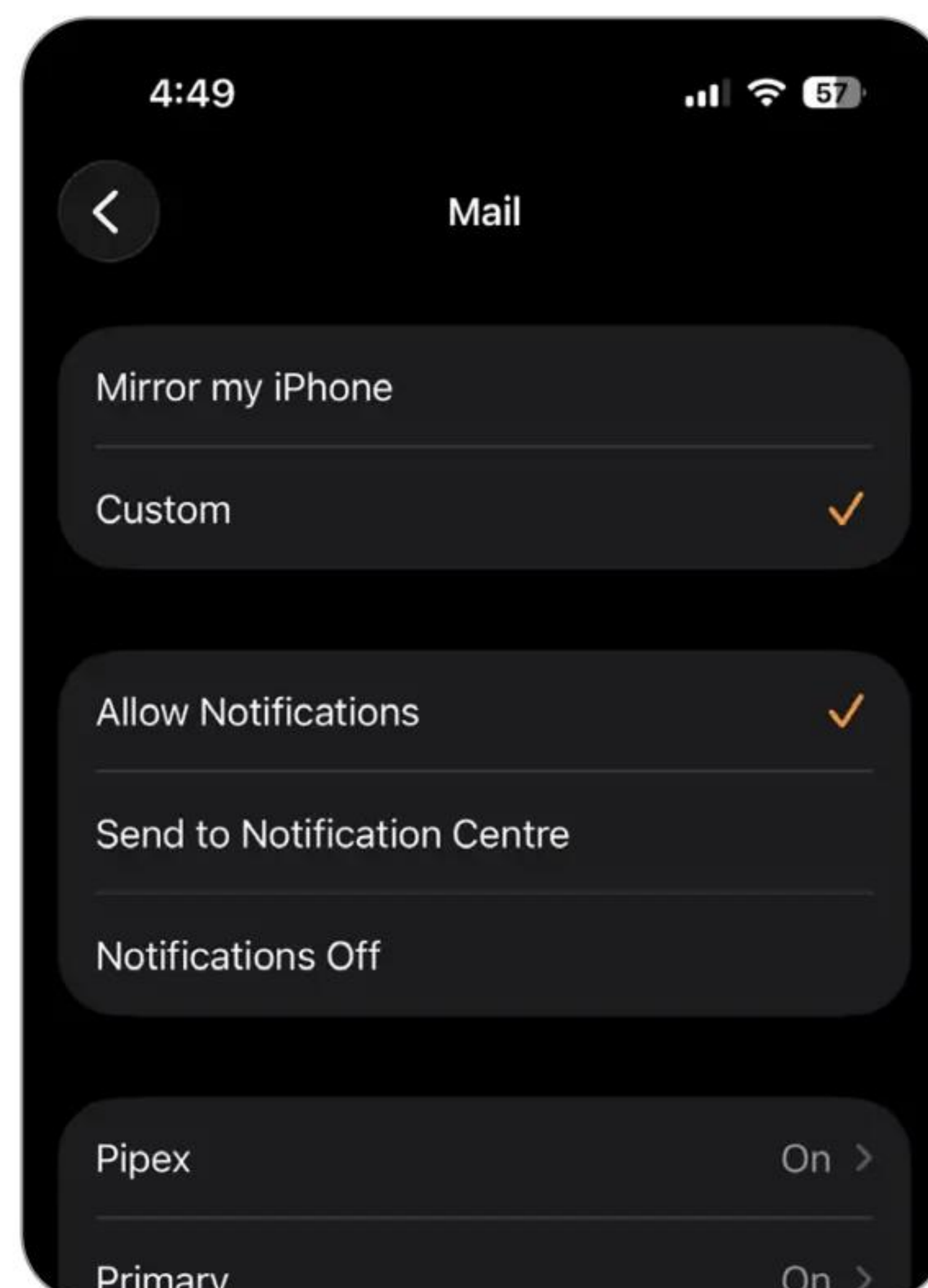
2 Now open the iPhone's Watch app and go to My Watch > Notifications. The first option switches on and off the red notification indicator mentioned earlier. The tap an app in the list lower down the screen to configure how notifications are shown on your watch.



3 The apps list is divided into two sections. The first list is of built-in apps; tap one to see its individual notification settings. The second list is mostly third-party apps, with a switch to mirror the iPhone notification settings or turn them off.



4 Each app has its own notification options. The Mirror my iPhone option gives the same settings as your phone. Custom settings let you customise the Apple Watch notifications independently of those on your iPhone.



5 The notifications for your Mail app can be set up separately for each individual mailbox. Tap on one of them to set up that mailbox's notifications, so you can, for example, have alerts from one mailbox but not the others.

Apple Intelligence Notifications Summaries



If you have an iPhone that supports Apple Intelligence, and have enabled Notification Summaries on your iPhone, those notifications will also be summarised on your Apple Watch. You can see at a glance whether it can wait, or you need to deal with it immediately.



Bedside Mode on Watch

Introduced with watchOS 2.0, the Apple Watch's Bedside Mode (formerly Nightstand Mode) is a real boon for those who charge their watch on their bedside table. When it's active and the watch is charging, you can tap it – or the table it's charging on – to display the time in luminous green digits.



Setting Up and Using Bedside Mode

Bedside Mode is easy to use, and works regardless of whether you charge your watch on a stand or with just the charging cable. It works whether your watch is in landscape mode or portrait mode too.



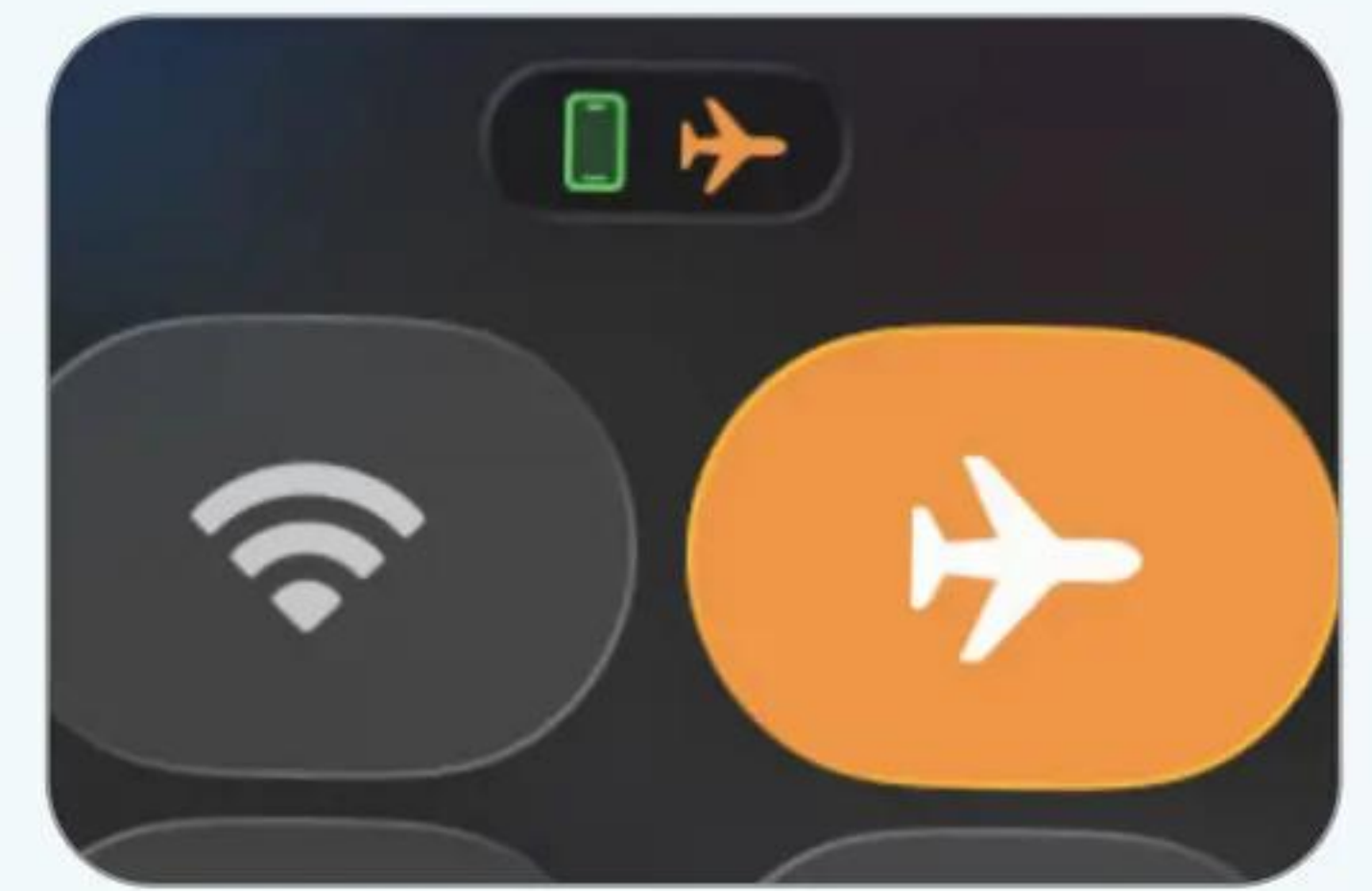
1 To activate your Apple Watch's Bedside Mode, in the watch's Settings app, go to General > Bedside Mode and switch it on. It's as easy as that. Alternatively, in the iPhone's Watch app, go to My Watch > General > Bedside Mode and switch it on there instead.

2 For Bedside Mode to function, the watch must be on a charging stand; horizontally, vertically or laid flat. It needs to be charging too. It can't be used if your watch isn't connected to the mains. But if it is, the watch displays the current time, date, next alarm and battery level until it goes to sleep. To bring it out of sleep mode, you need only touch the watch or even tap the table on which it's sat and the figures appear again. It's a really convenient bedside alarm clock for when you're travelling, and many Apple Watch stands are designed to hold the watch in a position where you can see the screen without sitting up.



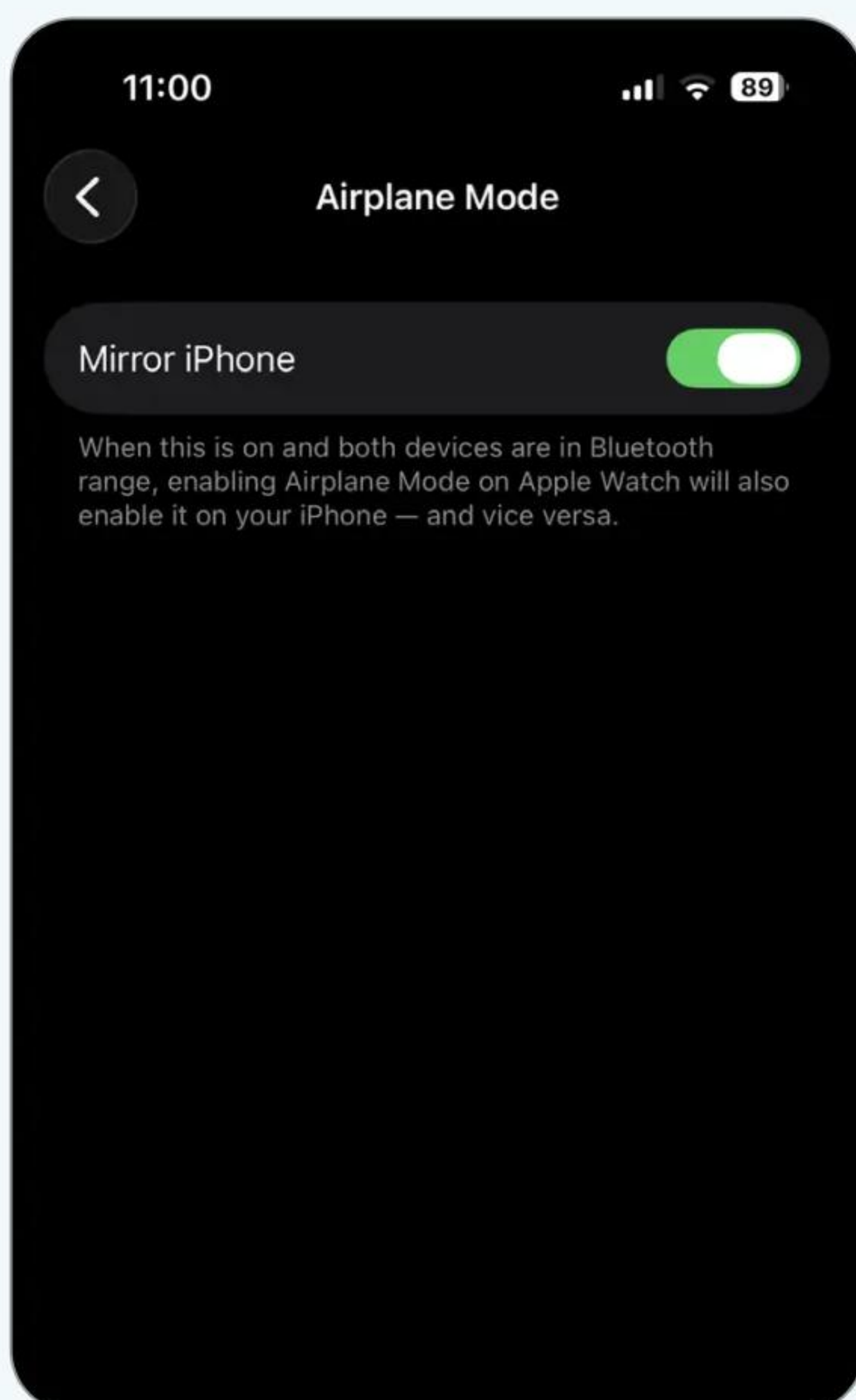
Airplane Mode on Apple Watch

When your electronic devices are in Airplane Mode, connectivity functions such as Bluetooth, Wi-Fi and phone calls are disabled. This is because airlines demand you close down these features in case they interfere with the plane's navigation systems. Here's how to use Airplane Mode on your Apple Watch.



Activating and Deactivating Airplane Mode

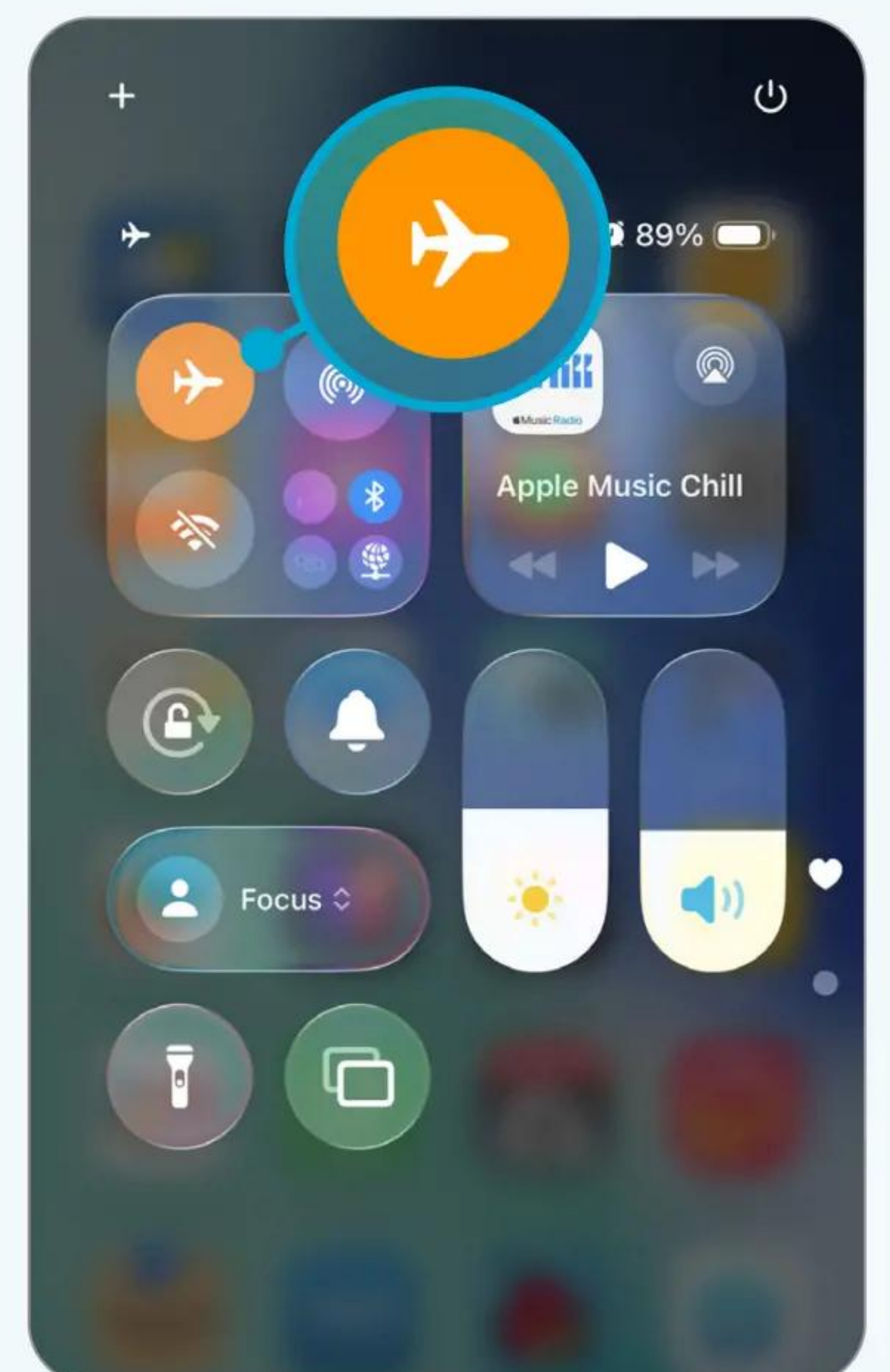
With Airplane mode you can safely and legally use your watch on an aircraft. Here's a guide to activating Airplane Mode on your Apple Watch and iPhone, switching off all outside communication.



1 On the iPhone, in the Watch app, open the My Watch tab bottom left. Now go to General > Airplane Mode. You can then choose whether to Mirror iPhone, that is, when the Apple Watch is put into Airplane Mode, the iPhone also activates this mode and vice versa.



2 On the Apple Watch, go to Settings > Airplane Mode, and switch it on or off. Alternatively, press the Side Button to open the Control Centre, scroll up and tap the Airplane Mode icon. Repeat to turn it off. An orange airplane icon on the watch screen shows when it's active.



3 To activate Airplane Mode on your iPhone, swipe in from the top-right corner of the screen for Control Panel and tap the Airplane Mode icon. You can also activate it from your Apple Watch by swiping up from the bottom of the screen and tapping the airplane icon.



Phone Calls on Your Apple Watch

In science fiction movies of old, the hero would take a phone call simply by speaking into his watch. Now those days are here for real. With your Apple Watch, you can make and receive iPhone calls right from your wrist, without even getting your mobile out of your pocket. Here's how to use your Apple Watch for telephone calls and look like a secret agent too.



Taking and Making Calls on Your Apple Watch

If someone rings your iPhone while you're wearing your Apple Watch, the watch rings and vibrates too. You can then take the call on your watch. You can also initiate a call on Apple Watch.



1 When you get an incoming call, your watch screen looks like this. There are three buttons you can press. The green one takes the call, the red one declines it and the top-right icon sends it to voicemail. If the caller is in your contacts, a name is shown. If not you see their number.



2 If you're too late and the caller rings off before you can accept or decline the call, you get a Missed Call notification. Tap it for a screen that lets you call back or send a text message to the person who called you. It's useful if you have your hands full.



3 While the call is taking place, use the digital crown to raise or lower the volume. The name of the caller and the duration of the call are shown. Press the red button to end the call or the microphone button to temporarily mute it, and the three-dots button for the keypad.



4 If you'd rather take a call on your iPhone instead of answering on your Apple Watch, maybe because the call is private, when your watch rings tap the three-dots button. On this screen tap the Answer on iPhone button, found at the top, to take the call on your phone.



5 To initiate a phone call from your Apple Watch, first open the Phone app. You can do this in the usual way, by pressing the Digital Crown and navigating to the app's icon, or if you recently used the Phone app from your Watch, press the Digital Crown twice and scroll to it.



6 To initiate a phone call from your Apple Watch, first open the Phone app. You can do this in the usual way, by pressing the Digital Crown and navigating to the app's icon, but there's a quicker way too. Simply press the Digital Crown twice to go straight there.



7 From the Phone app screen, you can select contacts you've designated as Favourites, recent callers or your Contacts app. Tap a phone icon to make a call. Alternatively, tap the keypad icon to type a number to call. To take your voicemails, scroll up to the Voicemail button.



8 To call your country's emergency number, press and hold the Side Button until the sliders appear, then slide the Emergency SOS option. If you can't use the slider, keep holding the Side Button and a timer counts down from five, making the call when it's finished.

iOS 26 Features



Screening set up on your iPhone, when an unknown number calls the caller is asked for their name and reason for calling, which are then displayed as a transcript so you can decide whether to take the call. And when you're on hold, Hold Assist lets you get on with something else and then gives you an alert when a human operative is available.



The QuickPath and Scribble Features

With the bigger screen offered by recent Apple Watches, buttons and features have been made bigger and easier to use. This has also made possible two great features; QuickPath, an on-screen virtual keyboard; and Scribble, whereby you can write messages one letter at a time. Here's how these features work.

The QuickPath Feature

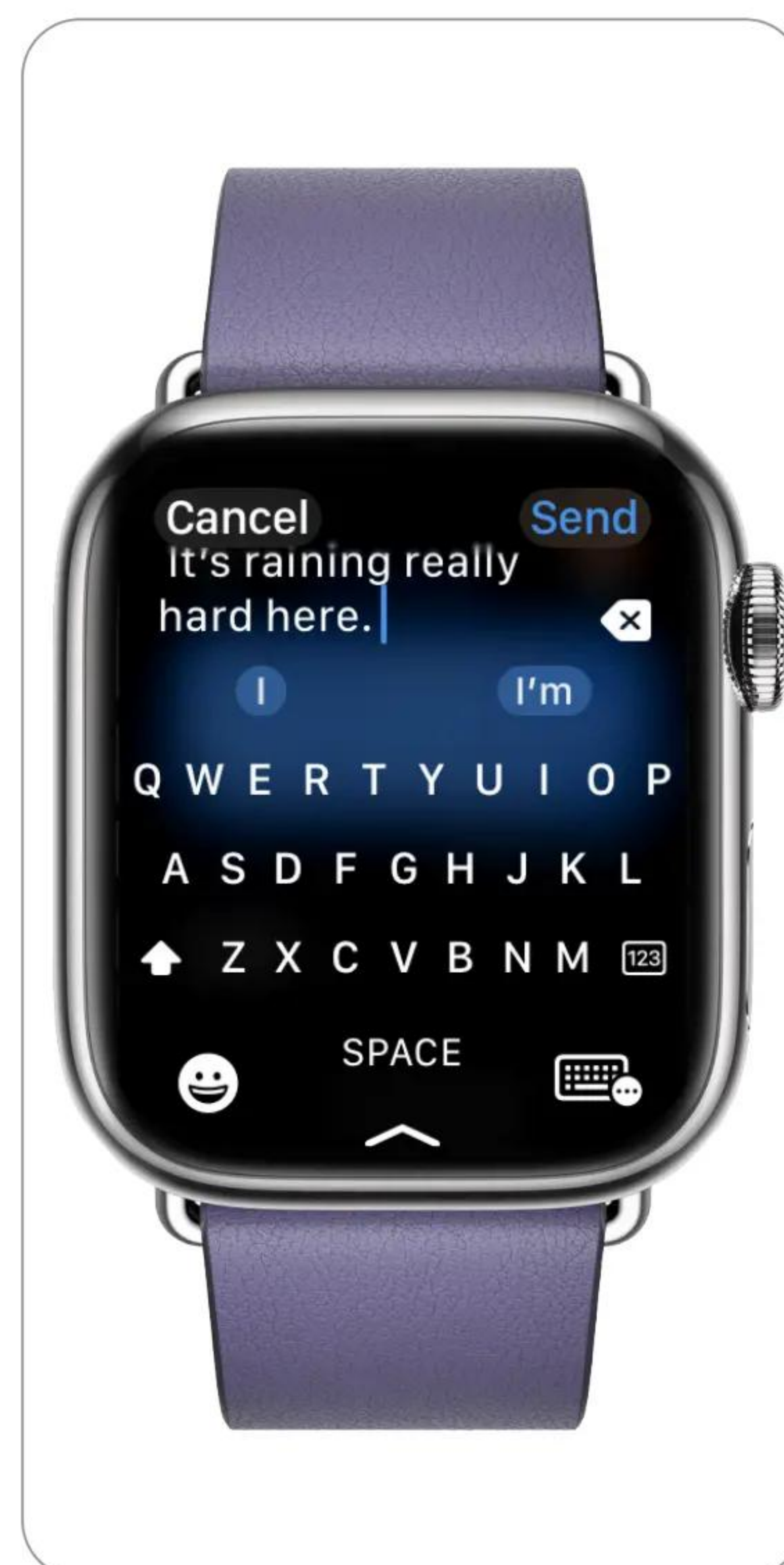
In a first for the Apple Watch, the Series 7 models and later include a virtual QWERTY keyboard with which you can write a message or email with one finger, dragging it over the virtual keys. It's a great time-saving feature.



1 In the Messages app, navigate to the conversation to which you want to reply, and scroll to the text entry field. Tap it to go to the QWERTY keyboard, with which you can enter text.



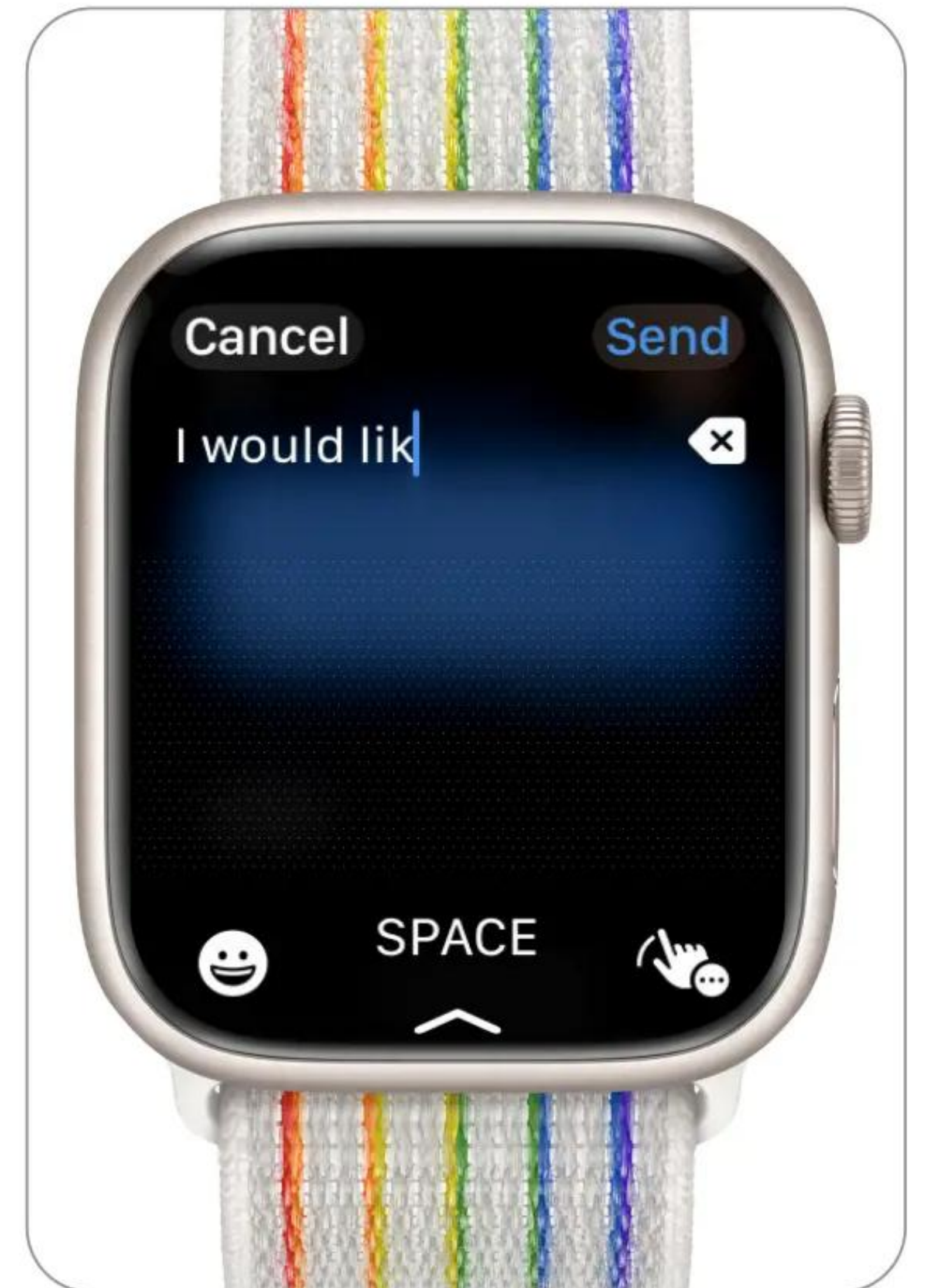
2 In the Mail app, either tap the left-pointing chevron and tap the New Message icon, or find a message to reply to and tap the Reply icon. Tap Add Message, then tap the text field.



3 To type, drag your finger from letter to letter or tap the keys. Tap the '123' key for symbols, then the '#+=>' key for more. 'ABC' takes you back to letters. To correct an error, scroll to it with the Digital Crown.

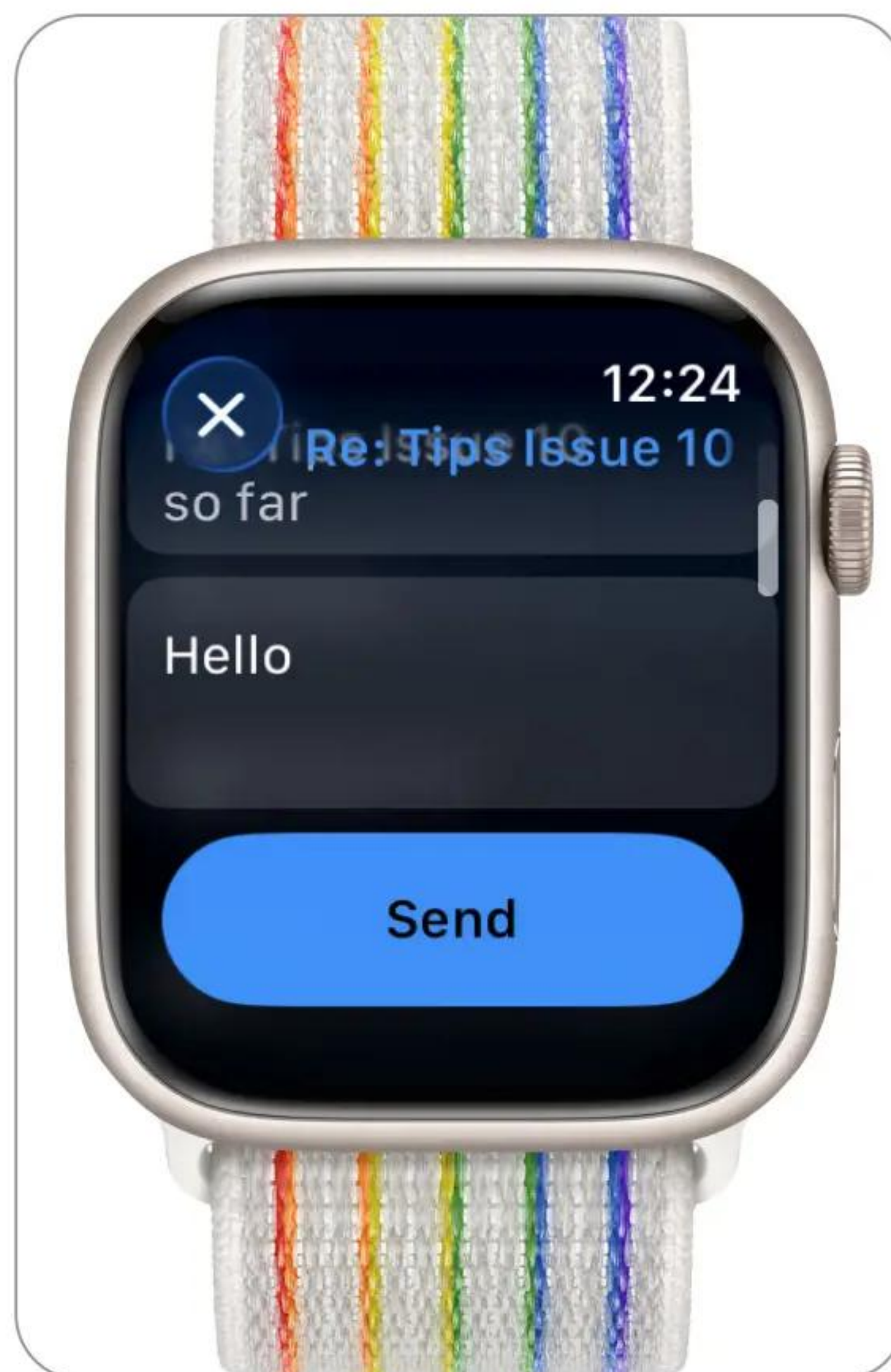
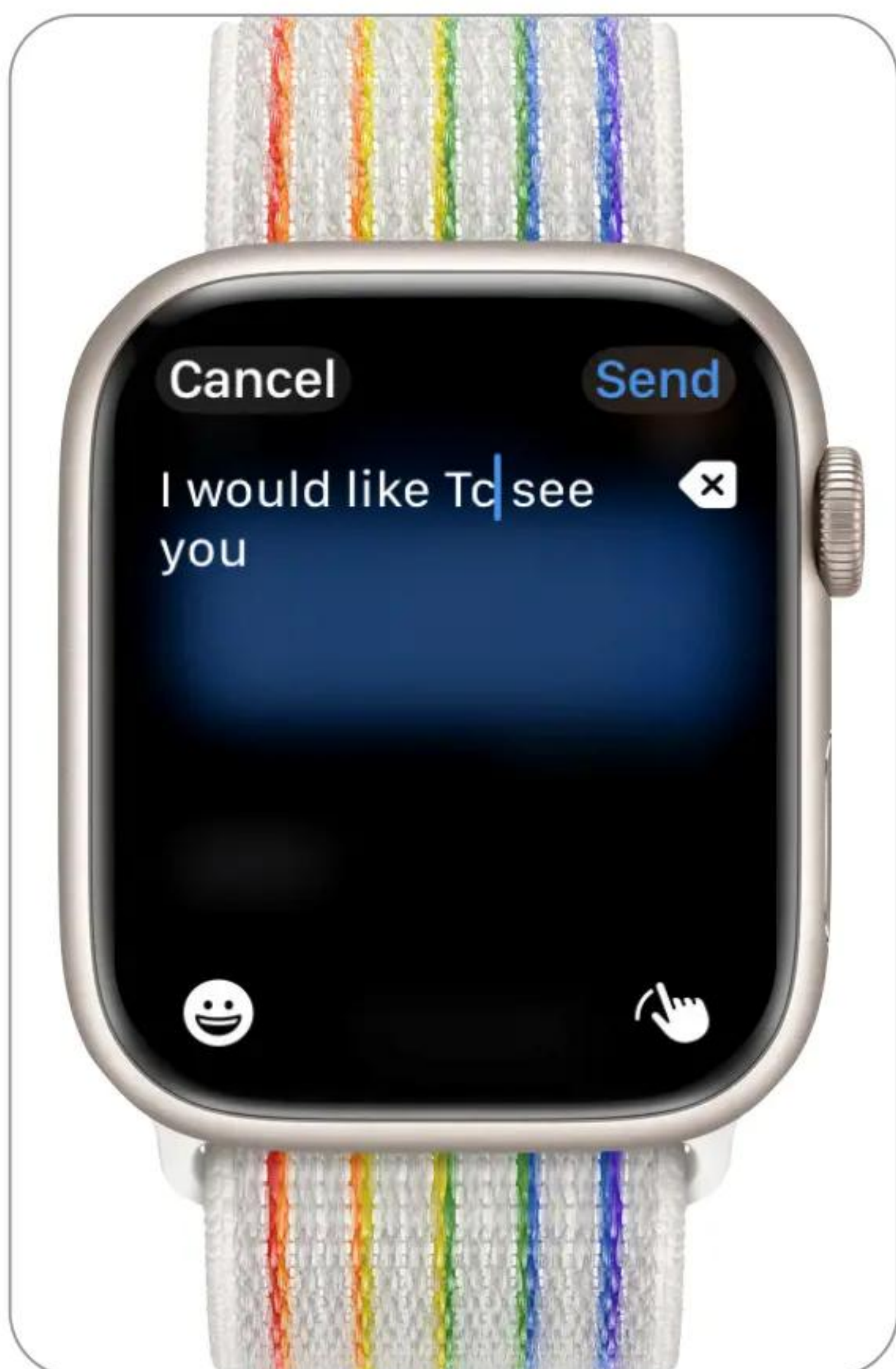
The Scribble Feature

Another way of entering text on your Apple Watch is by using the Scribble feature, whereby you compose your text by drawing individual letters one at a time to compose your text. It's a surprisingly intuitive way of typing.



1 To write a message or email using Scribble, first of all, navigate to the QWERTY keyboard as described earlier. Tap the keyboard icon at the bottom of the screen, then the finger icon.

2 On this next screen, you can select the Keyboard, if you change your mind and wish to type, or the Scribble option for each language you have installed on your Apple Watch. Tap a Scribble button.



3 You can now write a message, one letter at a time, on your screen. Use the word 'space' at the foot of the screen to type a space. You can type punctuation as well as words.

4 Once again, you can scroll to a mistake in your text with the Digital Crown. Use the delete icon in the top-right corner of the screen. Tap it to delete the character before the blue line.

5 Whichever input method you choose to use, if you want to change languages, swipe up. All installed languages are shown; tap the one you want to use for your message.



FaceTime from your wrist

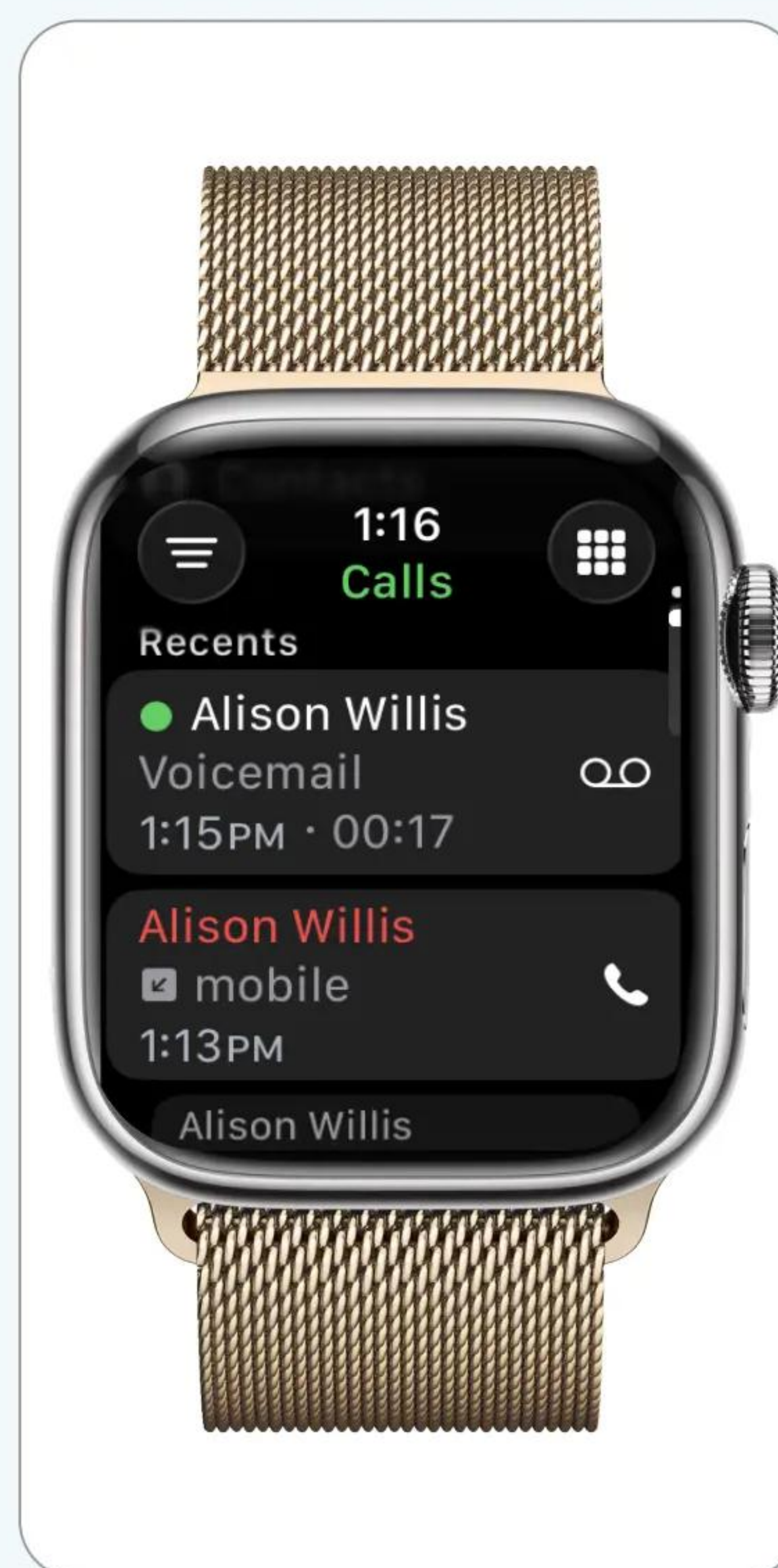
As well as being Apple's key video calling platform, FaceTime also allows you to make and receive Audio calls. The Apple Watch has no camera, but because it has both a microphone and a speaker, you can still make and receive FaceTime voice calls right from your wrist. Here's a guide to making FaceTime calls using your amazing Apple Watch.



1 First open the App Picker and tap the Phone app icon. On the next screen, scroll up and tap the Contacts button. Find the contact you want to call, and open their contact card. The first thing you see, under their picture, is a row of icons. Tap the Phone icon.



2 On the next screen, you're offered a range of call options. Tap FaceTime Audio, and you make the call. If you prefer, you can use Siri to place the call. Just hold the Digital Crown to summon Apple's personal digital assistant, and say 'FaceTime [Name of contact]'.



3 In iOS 17 and macOS Sonoma, or later, you can leave a video or audio message should someone you FaceTime doesn't pick up. In watchOS 10 and later, you can review those messages on your watch. Tap on the notification that appears, and play it.



Dictation on Your Watch

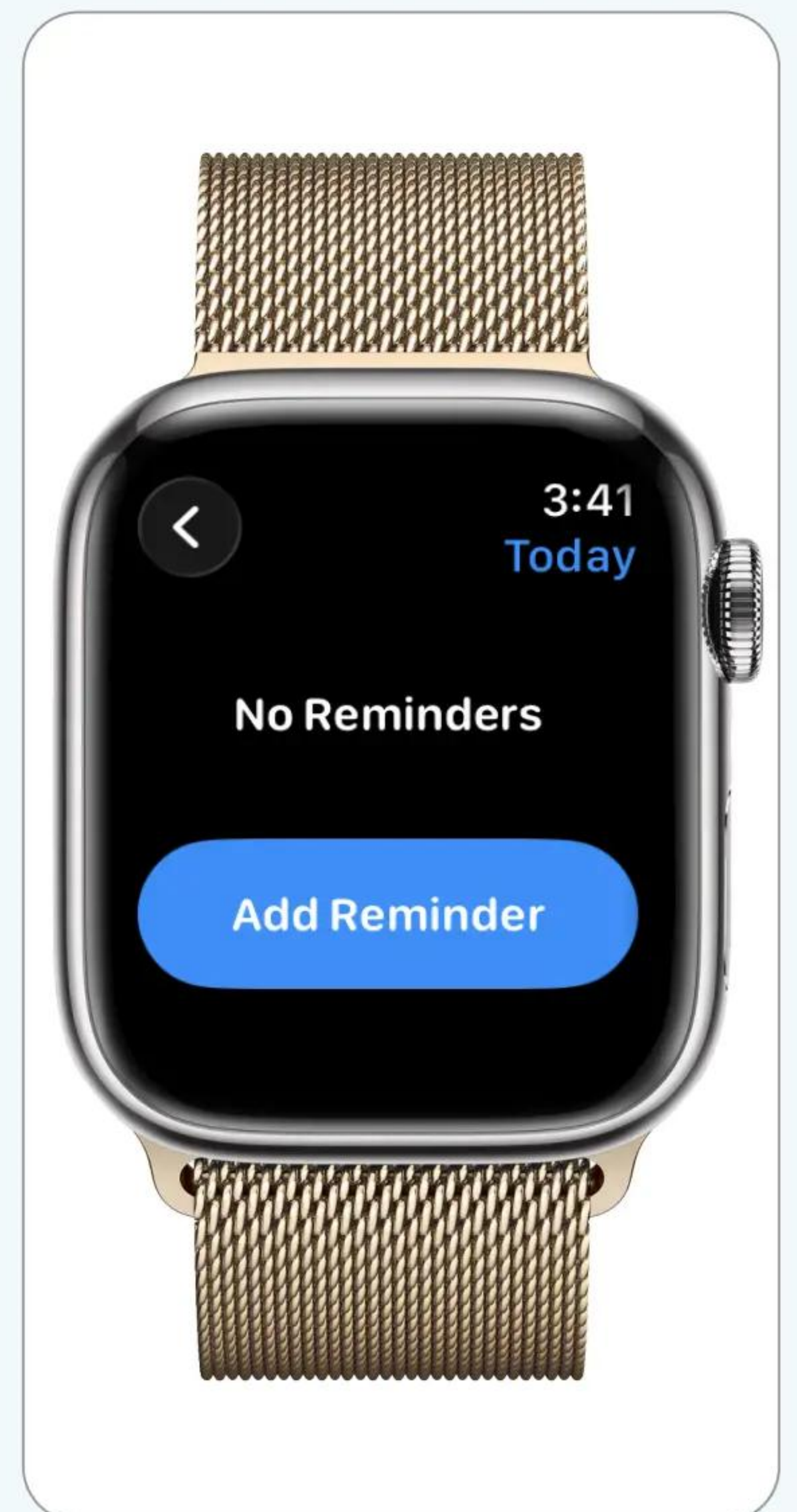
As well as typing your text on a virtual keyboard or writing it one letter at a time with Scribble, you can also use Dictation to speak your message. It's then converted into text, which you can edit and send. Text might be sent to Apple and processed on Siri servers if you've chosen to share, but the process is completely private.



1 You can use Dictation wherever you see the microphone icon when invited to enter a message. On the virtual keyboard, for example, the microphone is shown in the bottom-right corner of the screen. Likewise, on the Scribble screen, it's right there too.



2 Tap the microphone icon and speak your message, which is immediately converted to text. If it's all OK, tap Send to send it. If you want to edit it, tap the icon in the bottom-right to get back to the Scribble or keyboard screen, so you can edit the text.



3 Dictation is not just for sending messages. You can also use it to add a reminder to your Reminders app. In Maps, you can use it to search for your destination. It works almost anywhere that you need to enter text on your Apple Watch.



Siri on Your Apple Watch

Chances are you're already familiar with Siri on your iPhone, but did you know your Apple Watch also includes Apple's capable digital assistant? This tutorial couldn't possibly cover everything Siri can do, but if there's something you'd like to voice activate or a question you'd like to ask, give it a go. The more you use Apple's amazing assistant, the better it gets.



Activating and Using Siri

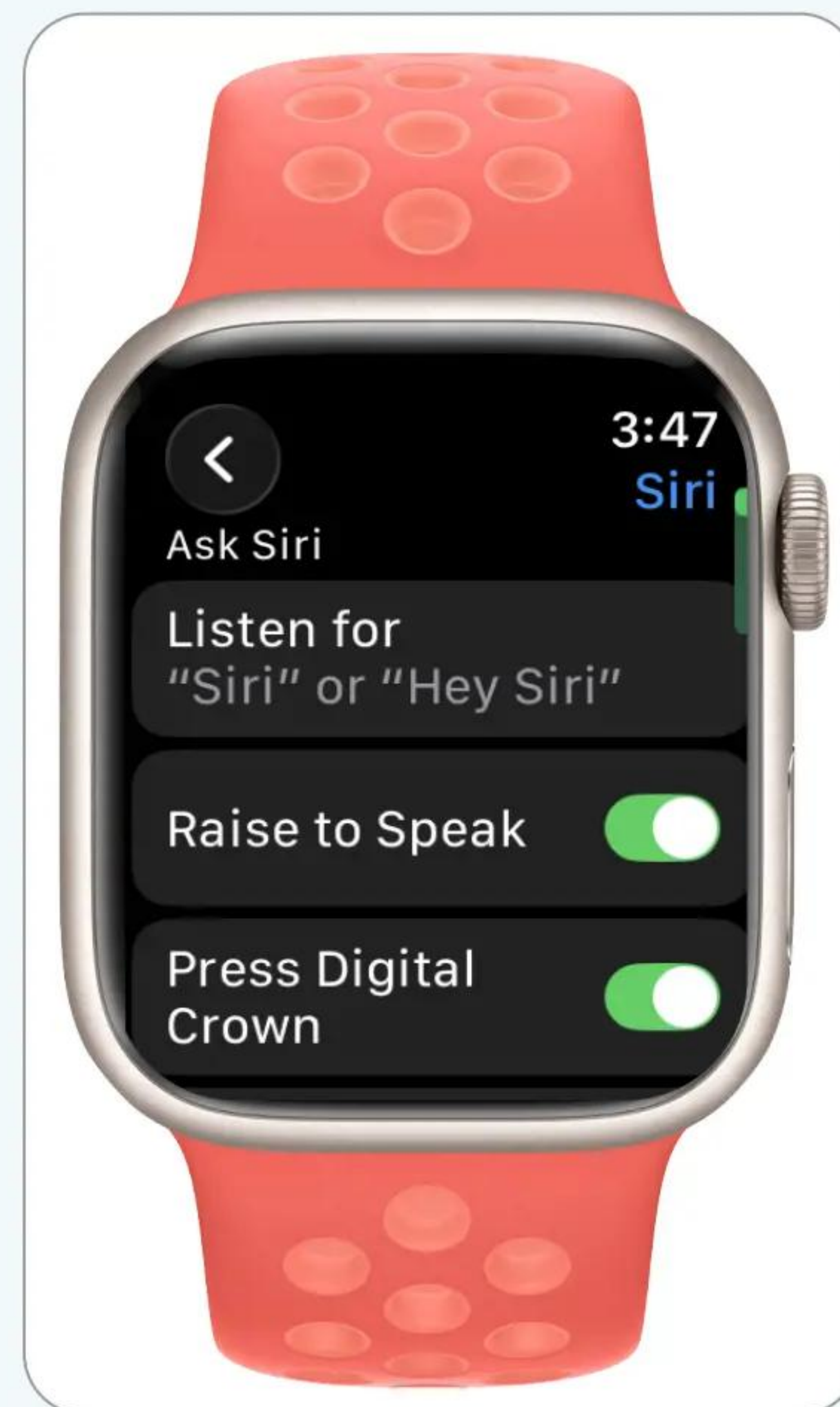
Your Apple Watch's Siri feature is amazing. You can use it to open an app, set timers, make a phone call, send a message, play some music and more. Here's how to get started with Siri and make use of it on Apple Watch.



1 There are several ways you can activate Siri on your Apple Watch. The easiest is to hold the Digital Crown button until Siri appears. A microphone icon shows your watch's mic is being used.



2 Alternatively, you can say, 'Hey Siri' or 'Siri', and it opens. Either way, you can dismiss the Siri service by pressing the Digital Crown once. Ideal if you open Siri by accident and don't need it.



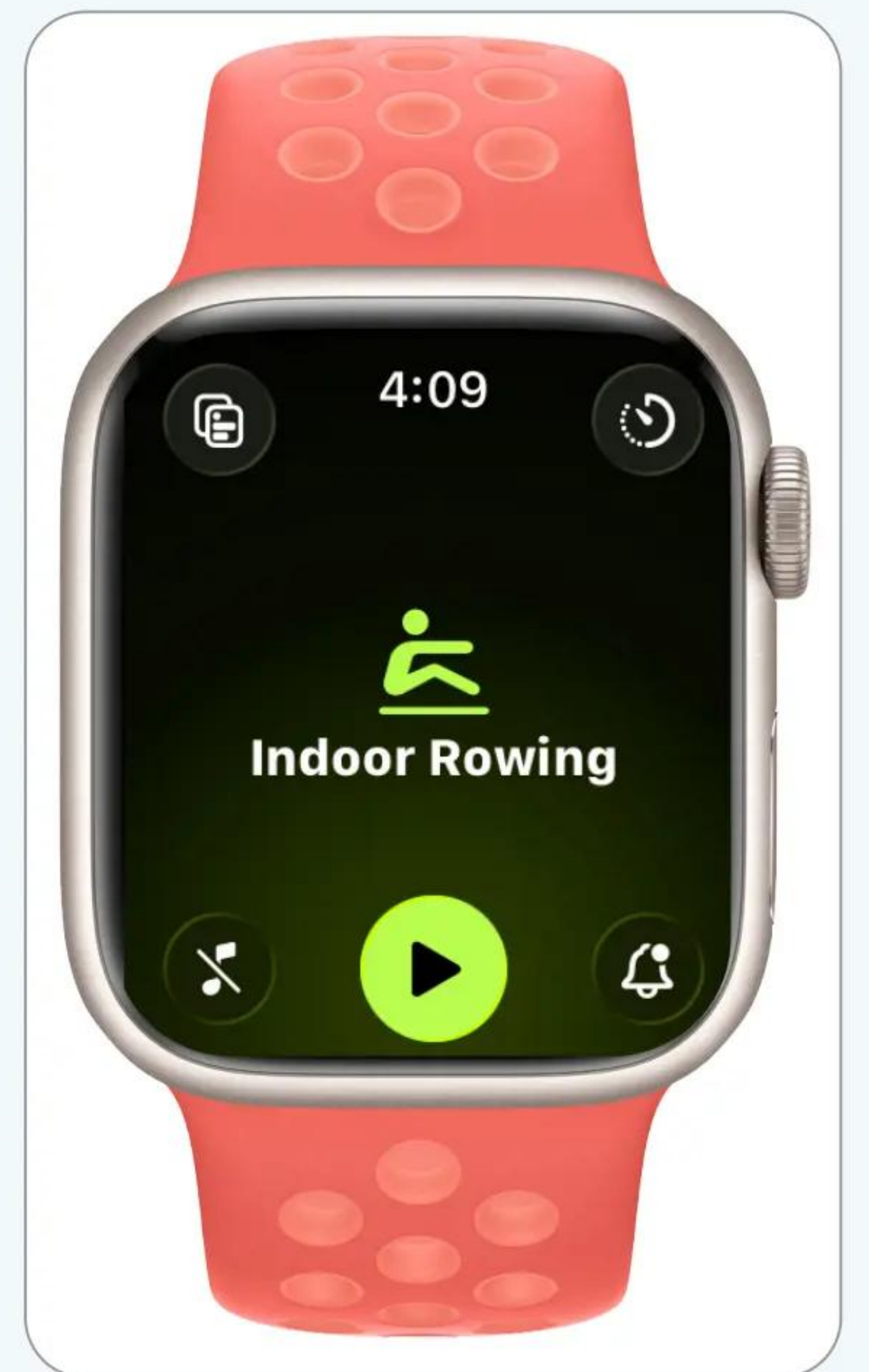
3 Open the Settings app and tap the Siri option and you can configure it to your requirements. You can choose how Siri is activated, check your Siri history, change its language or voice and more.



4 If you hear a song and want to know what it is, activate Siri and say “What’s this song?” Harnessing the power of Shazam, Apple’s digital assistant tells you what it is and links to it in Apple Music.



5 Siri is awesome for checking your Calendar app. With phrases like “What’s scheduled for tomorrow?” or “What appointments do I have for the rest of the week?” you can get Siri to help.



6 You can open an app using Siri too. Just say “Open [app name]” and it’s opened for you, right on the screen. It’s great if your hands are full and you can’t use the watch buttons.



7 If you want to check what time it is somewhere in the world, without setting up a World Clock on your iPhone, just open Siri and say, “What time is it in [place name]?” and your digital personal assistant does the rest. It’s great for quick and easy reference.



8 Siri’s also great at setting timers and alarms. Use instructions such as “Set me an alarm for 7am tomorrow”, “Cancel my next alarm”, “Set a countdown timer for [time]” or “Open the stopwatch”. There’s a wealth of functionality right there on your wrist.

More from Siri

Siri can make phone calls and send messages. “Call [person’s name]” and they’re contacted for you, or “Send a message to [person’s name] saying [the message]”, and a text message is promptly dispatched.

You can use Siri to check sports information. Ask “What was the result of the last [team] game?” or “Who do the [team] play next?”, and you’re told.

It can use calculate sums. If you’re in a restaurant, for example, you can ask Siri to divide the bill between the number of people paying it. For a bit of fun, ask, “divide zero by zero”. It does conversions too, such as yards to metres, pounds to kg or between currencies. Ask a question such as “How tall is Mount Everest?” or “What’s the capital of Peru?”, and the answer is gleaned from the web and given to you.

Siri is a terrible comedian. Ask the assistant to tell you a joke, and it will – but the joke will be terrible. Try a few silly things too. What is the meaning of life? Why did the chicken cross the road? Which came first, the chicken or the egg? Who am I?



Settings on Your Apple Watch

The Settings app on the Apple Watch does more than you think; and it's easy to find. On the Home screen, look for the grey icon showing an industrial cog, like the Settings app on the iPhone. Open this and you can access all sorts of features such as Bluetooth pairing, Privacy, Health, Do Not Disturb, Airplane Mode and Accessibility for the visually or hearing impaired. Let's take a look.



What Settings Can Do for You

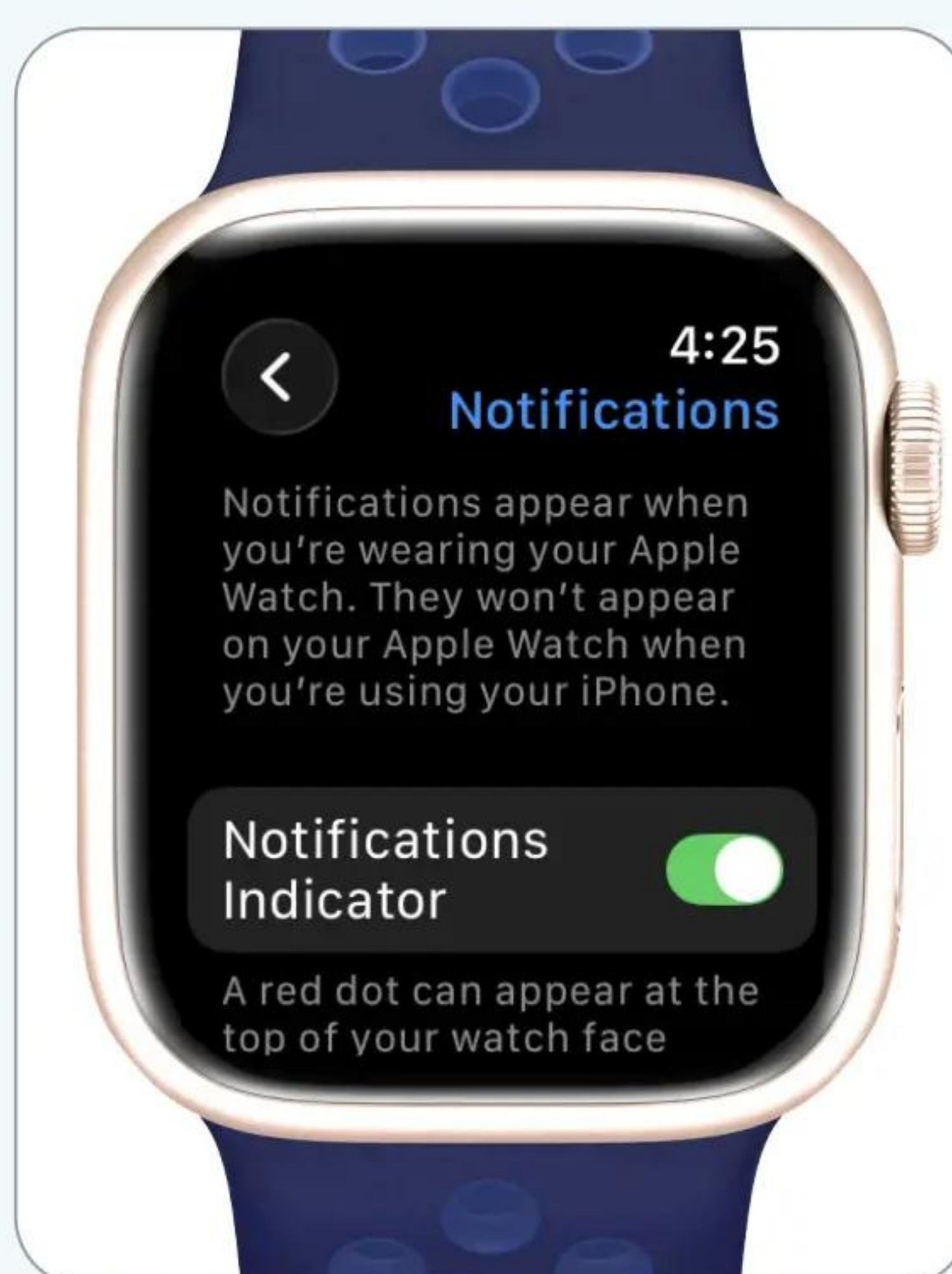
Open the Settings app and you'll see a long list of option categories. Here we'll go through them step by step, taking each in turn. With our guide, you can make all sorts of changes to the way your Apple Watch works.

Apple ID



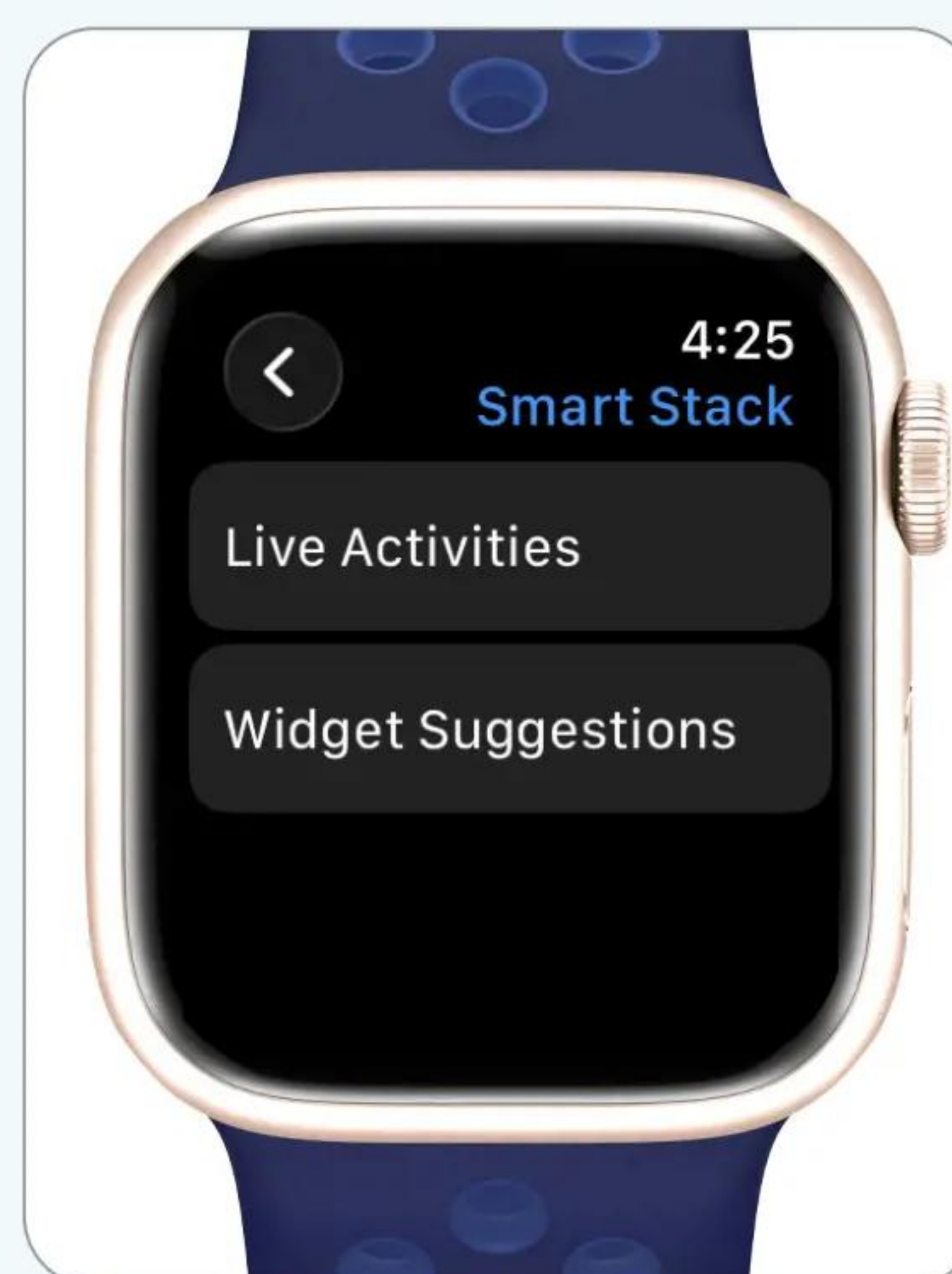
At the top of the Settings app is an option displaying your name. Tap this for your Apple ID options. Under this option you can change your screen name, primary and secondary email addresses, your password and more. Scroll up for a list of all your Apple gear.

Notifications



In the Notifications section of Settings, you can turn off the red dot that appears above the watch face when a notification has arrived. You can also turn other features on and off, including Show Summary When Locked, Tap to Show Full Notification and more.

Smart Stack



Smart Stack lets you turn Live Activities on or off, on a per-app basis. This feature lets you watch live sports scores, incoming taxis or deliveries, and more. It also allows Widget Suggestions, which are automatically added to the Smart Stack as needed.

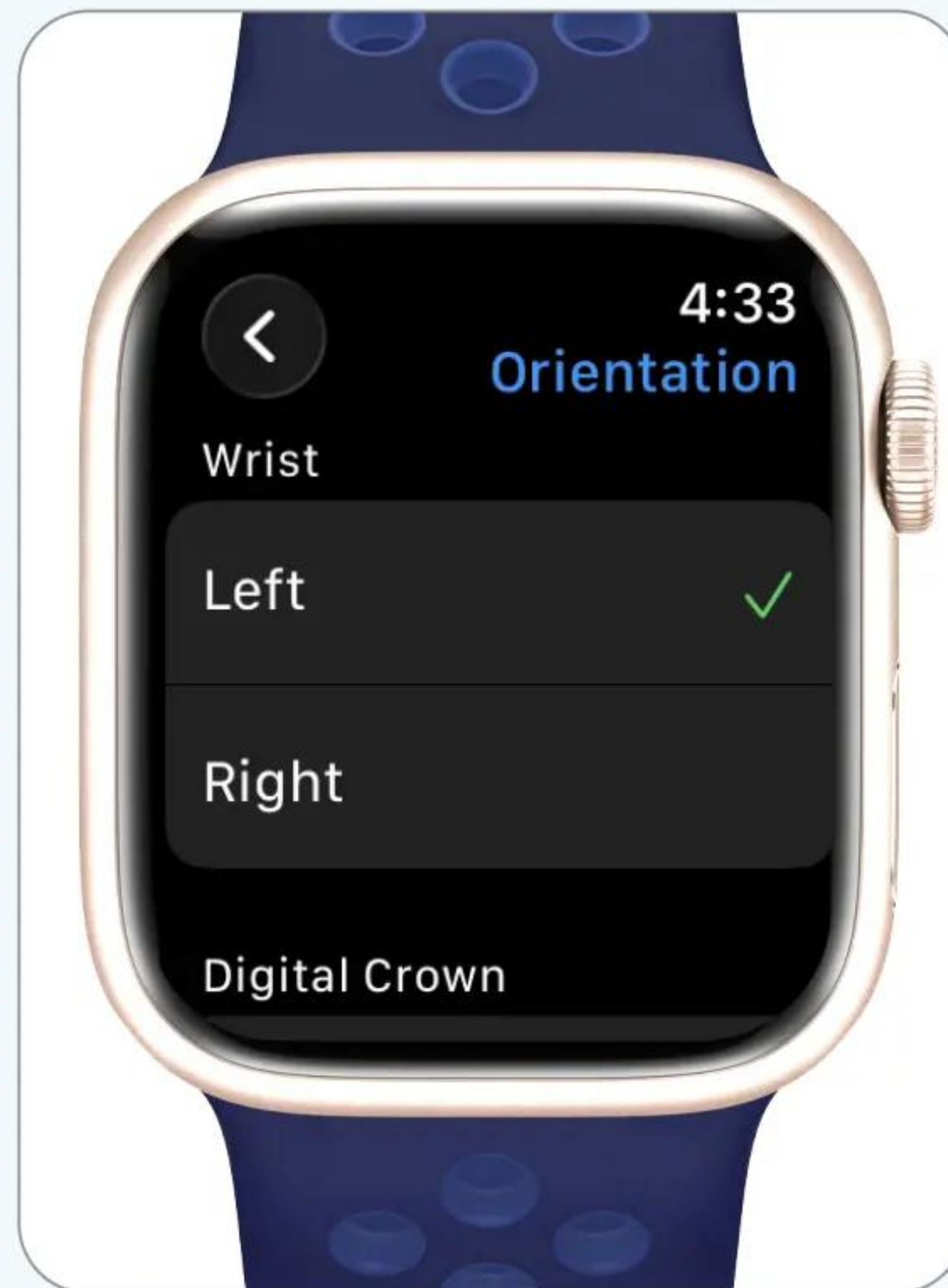


General > Software Update



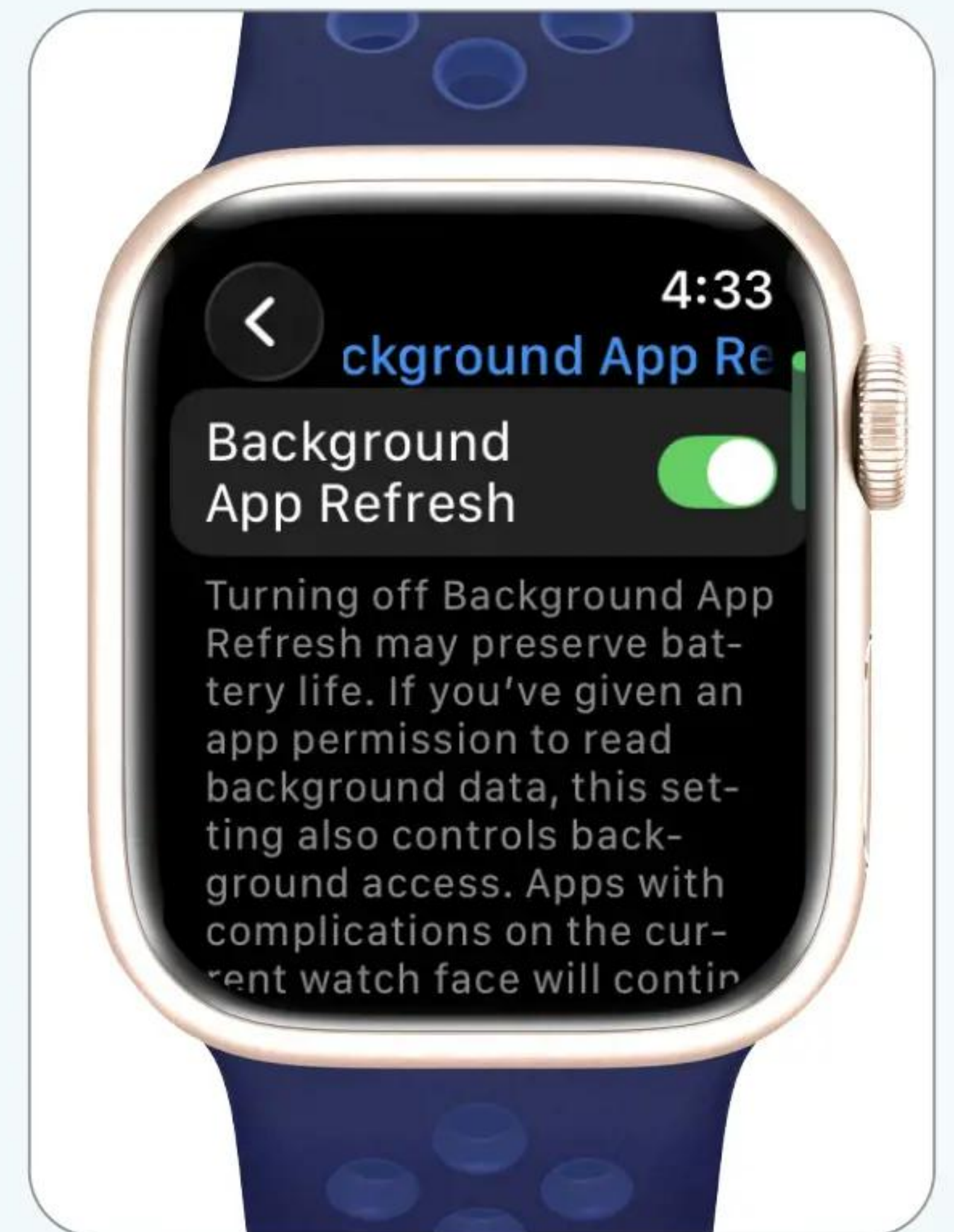
Tap Automatic Updates and you can choose to have updates to your Apple Watch install automatically overnight; when your watch is charging. If you don't switch this option on, you'll have to update manually when you get a notification that there's a new update available.

General > Orientation



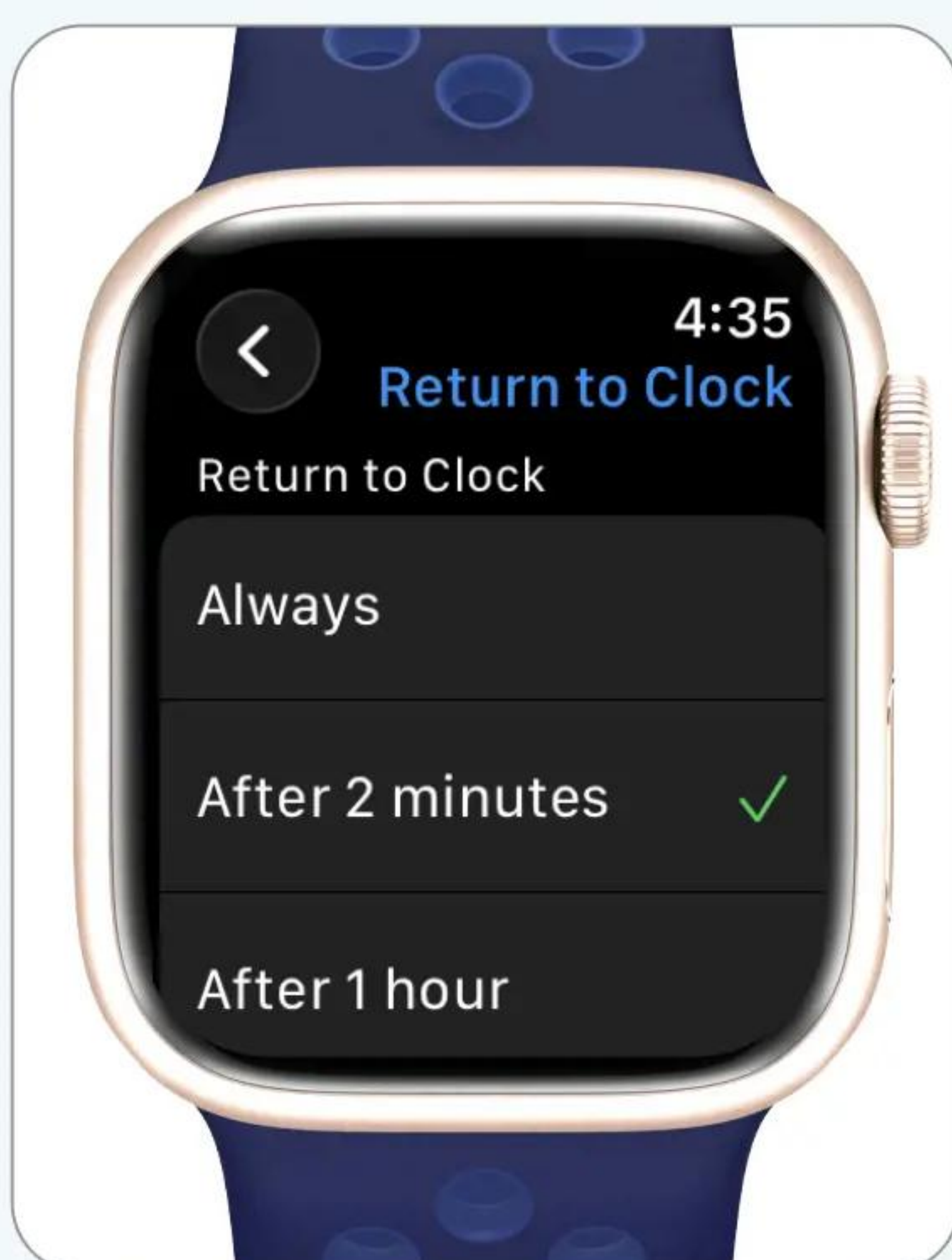
Do you wear your watch on your right or left wrist? Do you prefer your Digital Crown and Side Button on the right-hand or left-hand side of your watch? In this section, you can set this up, so the watch is the right way up and behaves correctly however you wear it.

General > Background App Refresh



When on, applications refresh their data even when the app is closed. Switching it off saves battery life, but you have to open an app for it to update information such as Activity rings and incoming emails. You can turn off Background Refresh on a per-app basis too.

General > Return to Clock



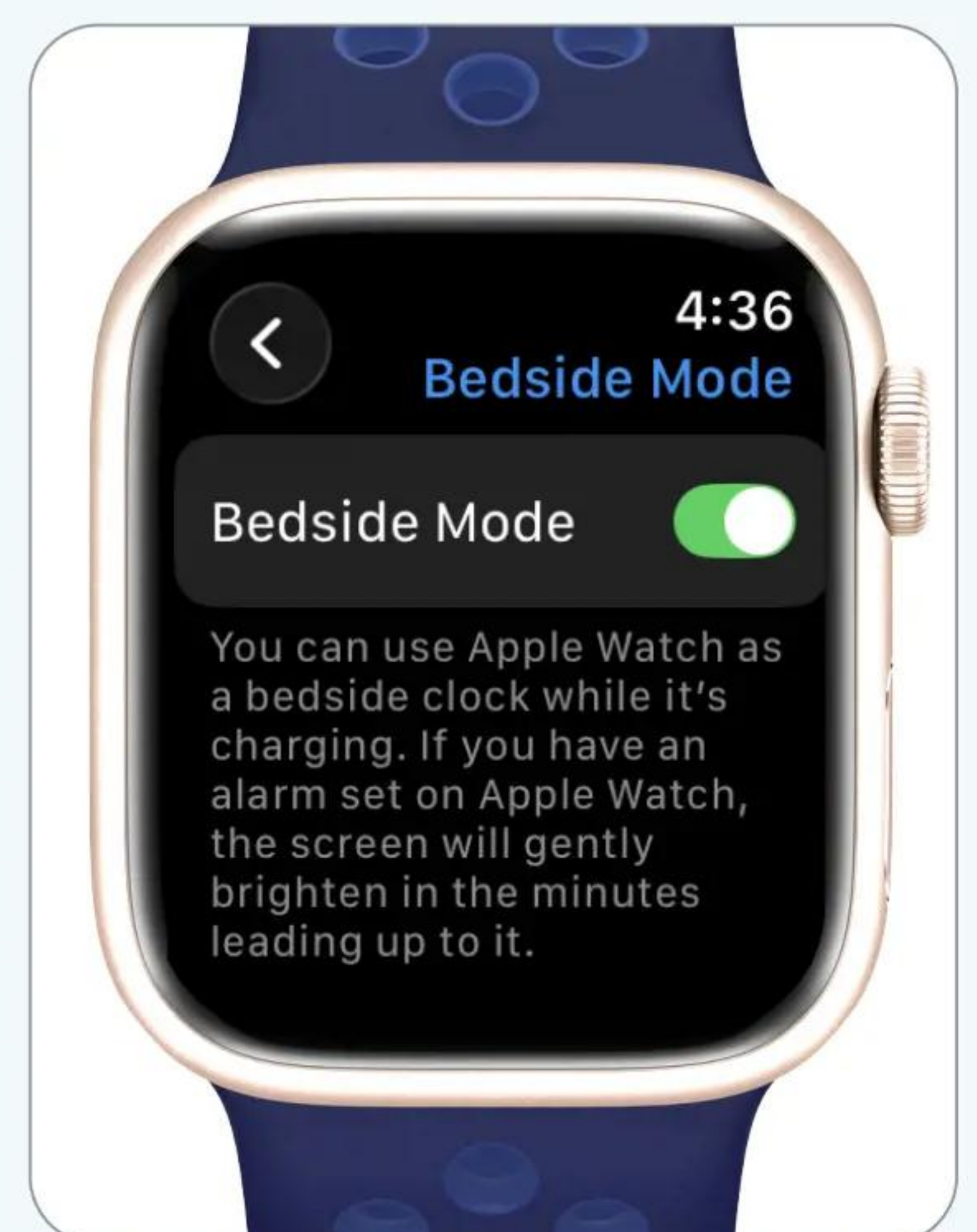
If you launch an app and leave it open, you can set your watch to return to the clock face as soon as you move your wrist, after two minutes or after an hour. You can set individual apps to behave differently to these default settings too, if you wish. Scroll up for the apps.

General > Handoff



Handoff lets you start a task on one Apple device and pick it up on another. With it on, the app you're using on your watch appears on the iPhone/iPad's App Switcher and the Mac's Dock. Open it on these devices to pick up where you left off on your watch.

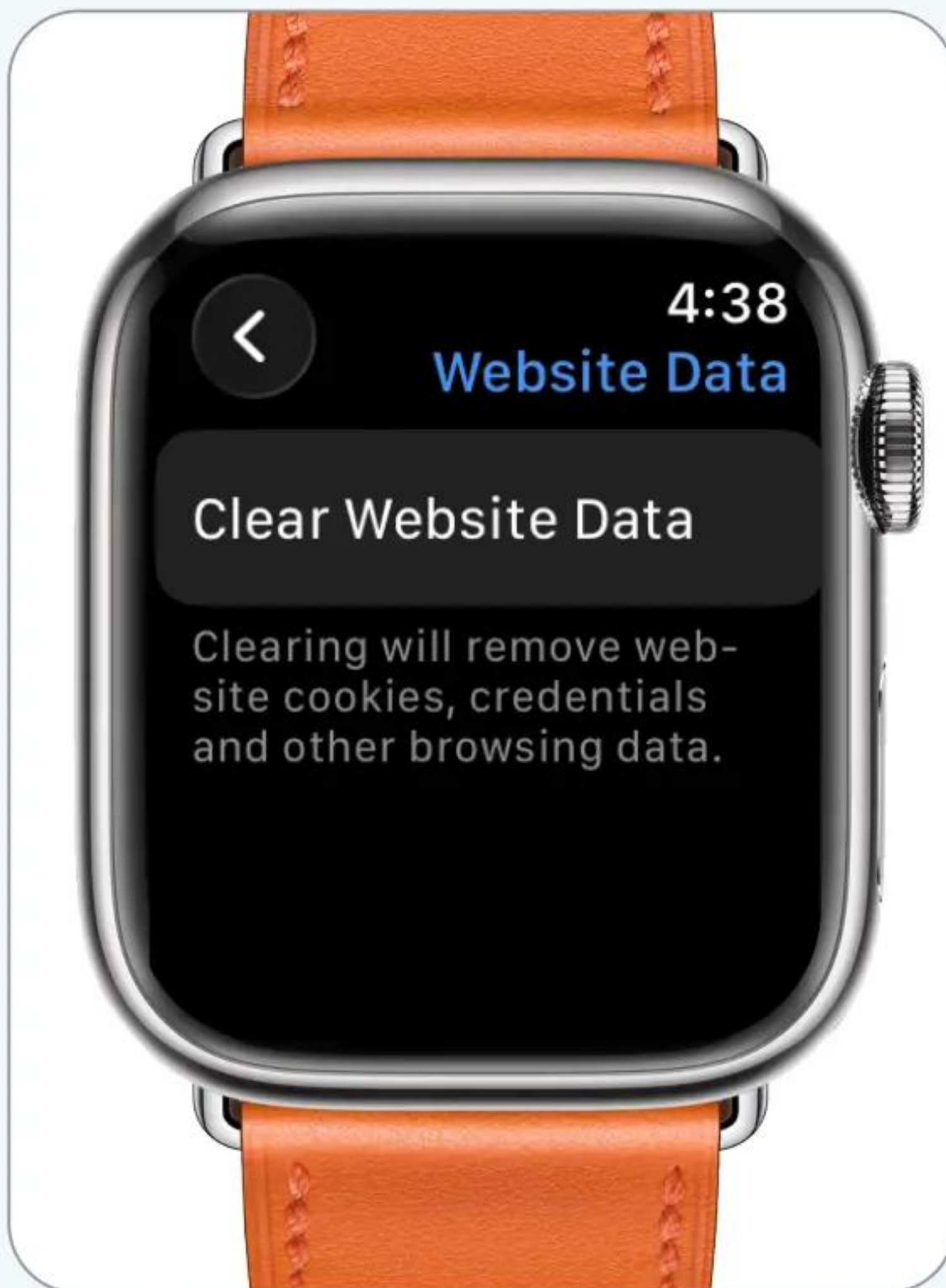
General > Bedside Mode



The General Settings page offers a long list of options, including Software Update, Background App Refresh, Orientation, Bedside Mode, Handoff, Dictation, Screenshots and more. Most are self explanatory, but we cover some of the more in-depth ones here.



General > Website Data



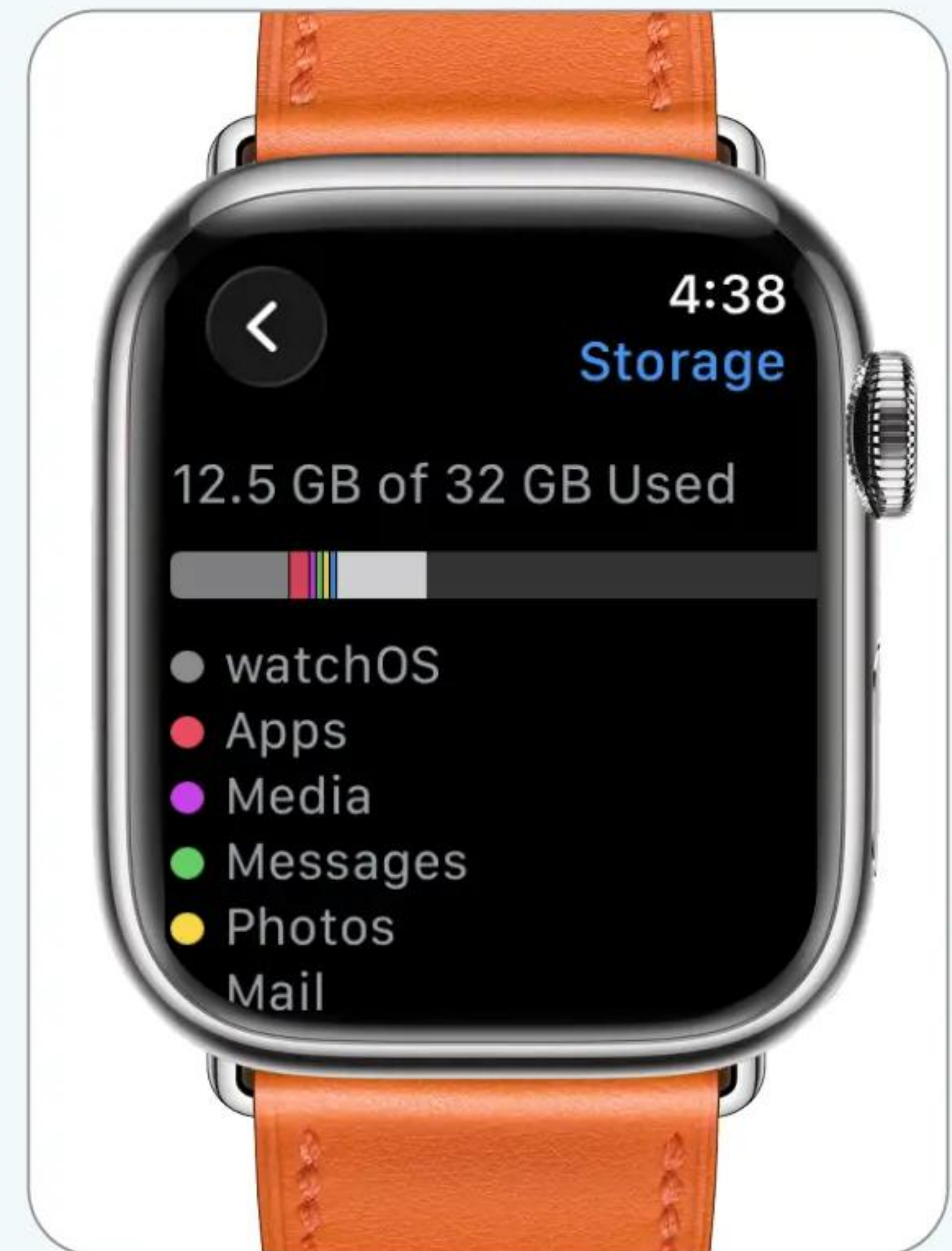
If you want to clear website data such as cookies, credentials and more, open this section and tap the Clear Website Data button. You're invited to clear it or cancel. Clearing website data is good for privacy, but it might slow down reloading pages. It's not really necessary.

General > Dictation



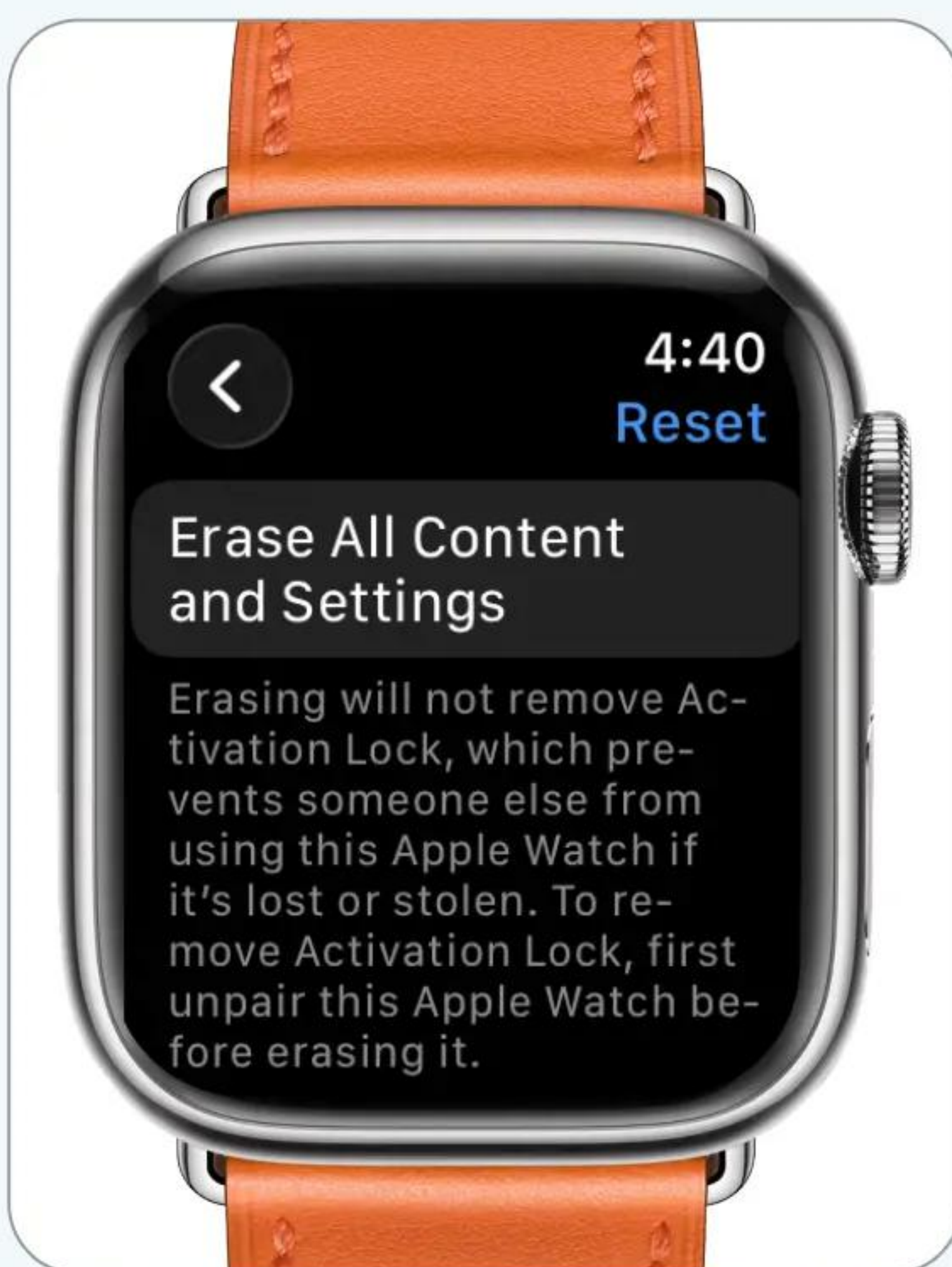
If you use your Apple Watch's microphone for Dictation, that is, speaking a message or email and having your speech turned into text, what you say may be sent to Apple for conversion. If you don't want this to happen, turn it off in the General app's Dictation section.

General > Storage



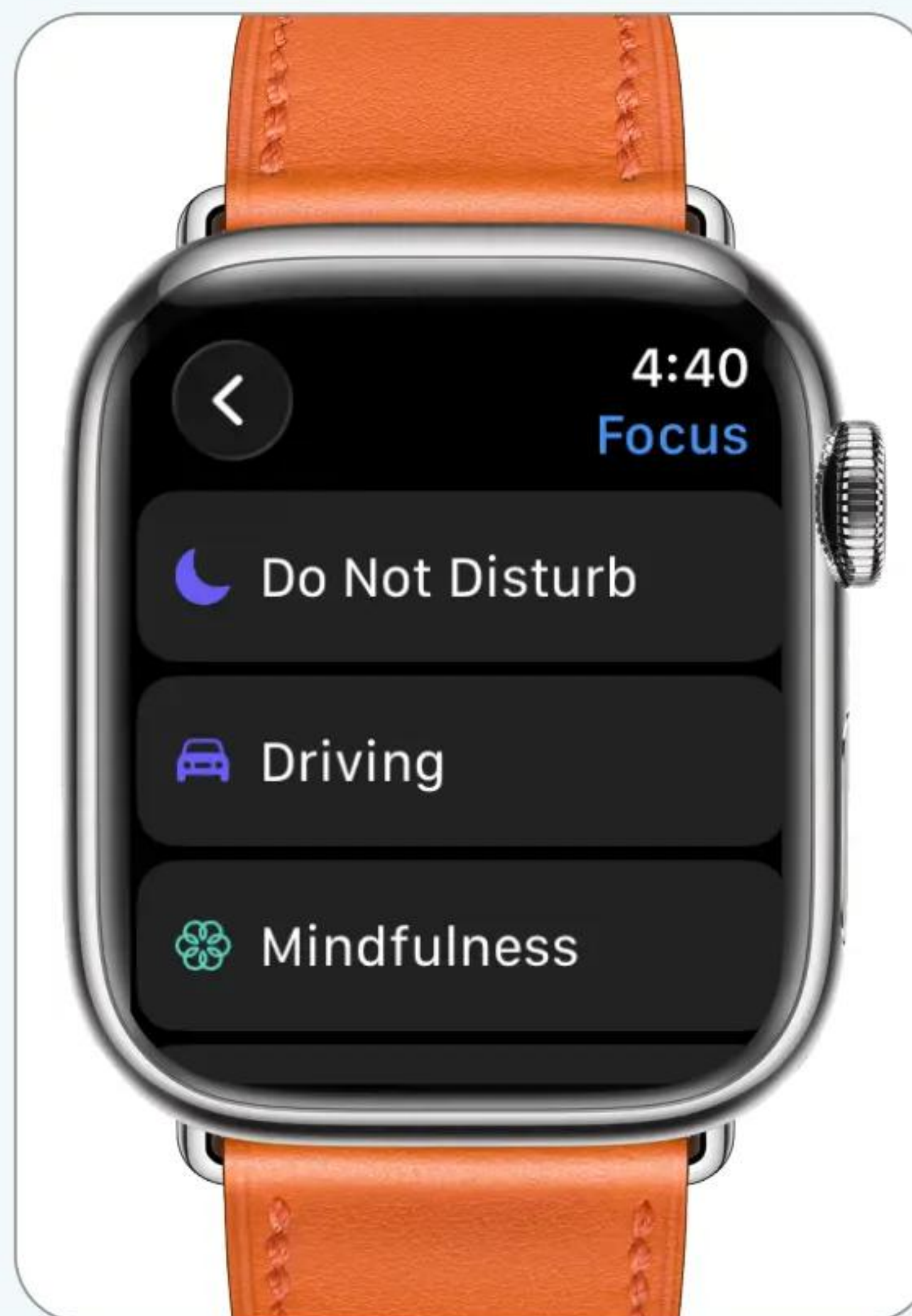
The General app's Storage option shows how much space you have spare on your Apple Watch, and breaks down what you're using your storage for. Scroll up to see your apps listed. Tap one to see how much space the app takes up, and also how much its data uses.

General > Reset



Under this option you can wipe your Apple Watch clean, and start again. It will only remove Activation Lock if you've unpaired it from your iPhone; this is a security feature which prevents a thief using a stolen watch. You can also reset the Home screen here.

Focus



If you've set up Focuses on your iPhone, iPad or Mac, they appear here. If not, you're still offered the default Focuses. Tap one to configure it. Scroll for an option to Mirror my iPhone; with this on, activating a Focus on your phone also activates it on your watch.

Airplane Mode



Airplane Mode is required when flying on certain airlines. The Airplane Mode lets you switch it on and off. You can also change its behaviour. By default, it turns off Wi-Fi but not Bluetooth, but you can configure this. It always turns off your cellular data.

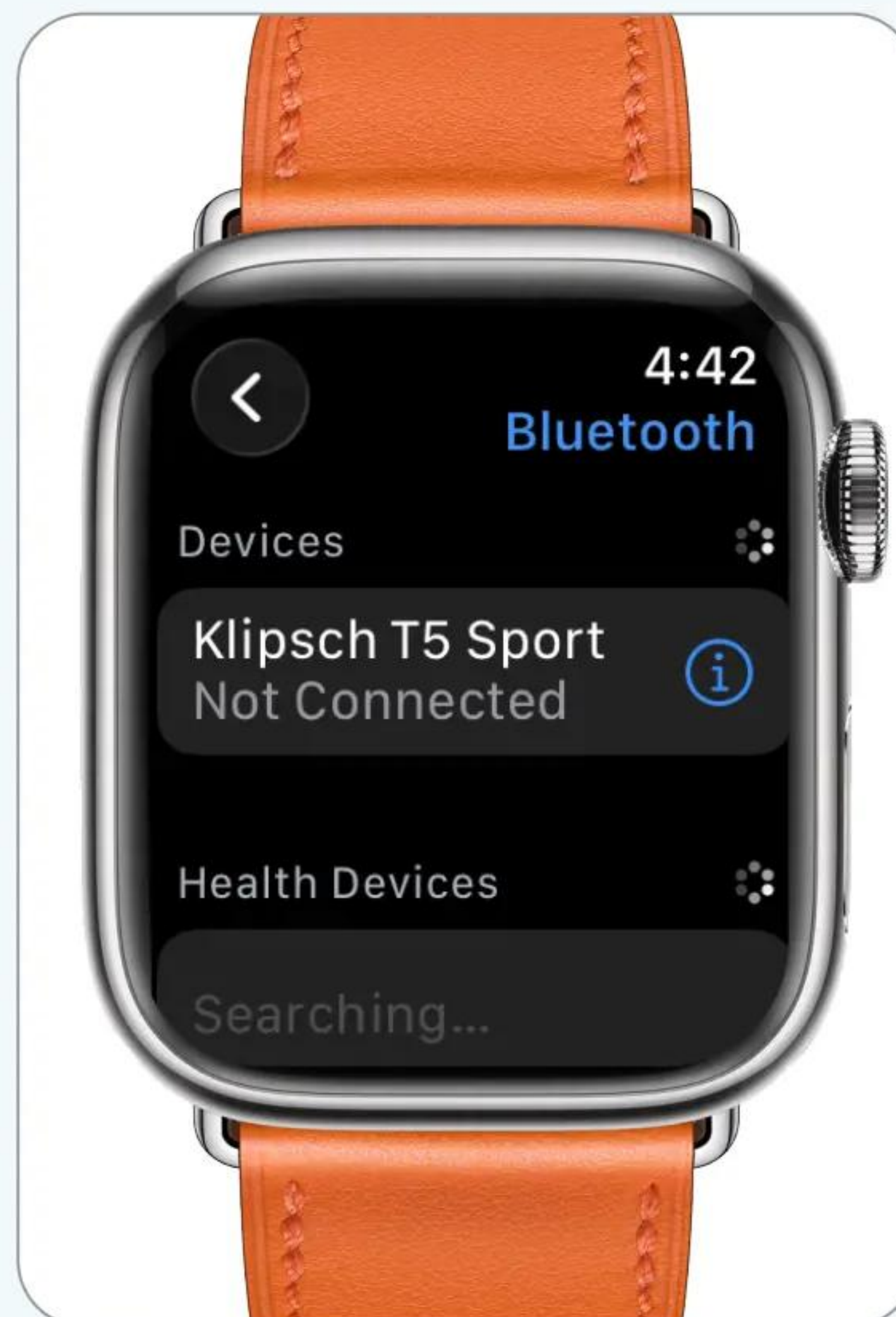


Wi-Fi



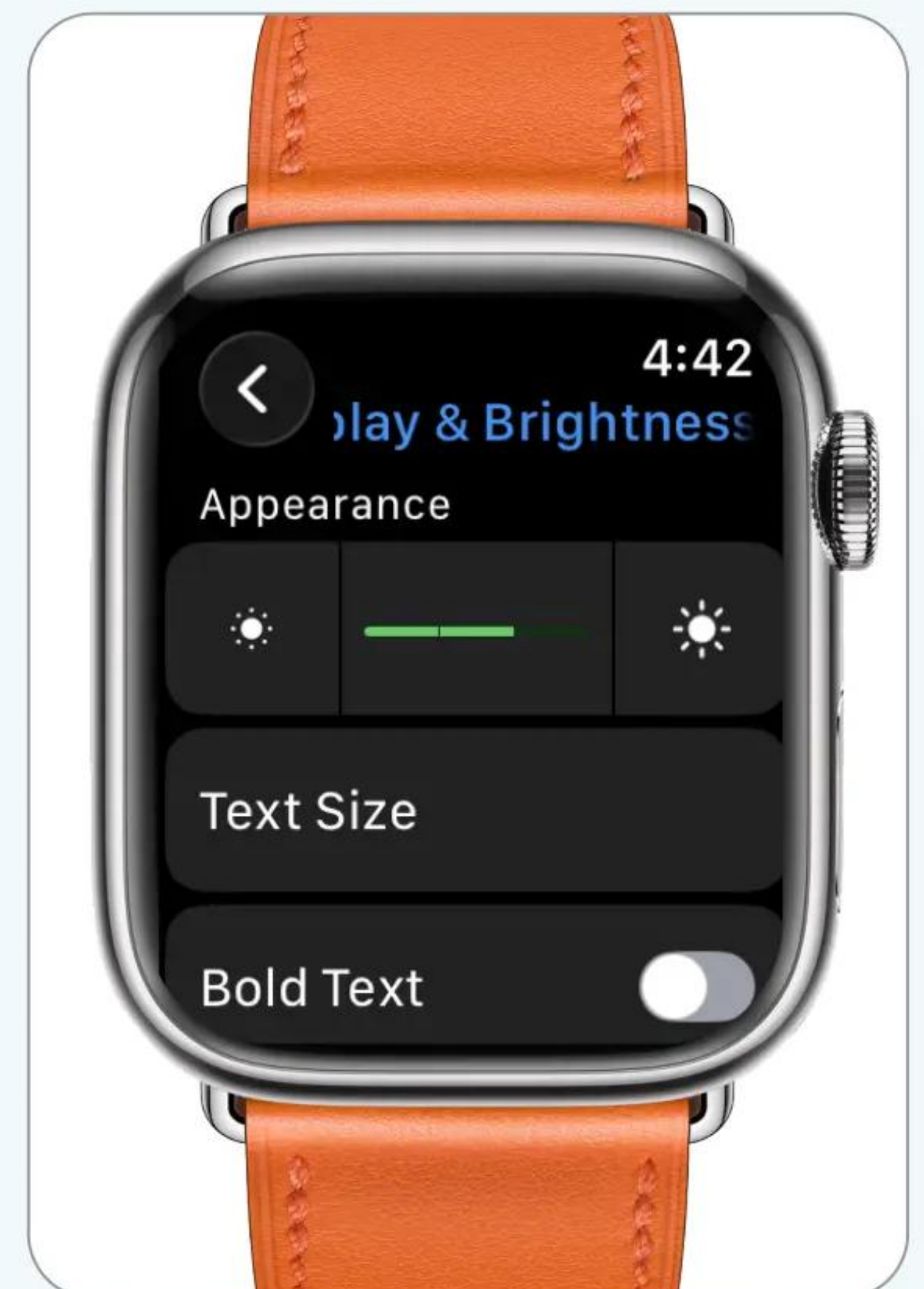
Under this option, you can turn your Apple Watch's Wi-Fi option on and off, and also configure its access to your home network or choose another one to join. You can also set it to automatically join Wi-Fi hotspots, never join them or only join after asking.

Bluetooth



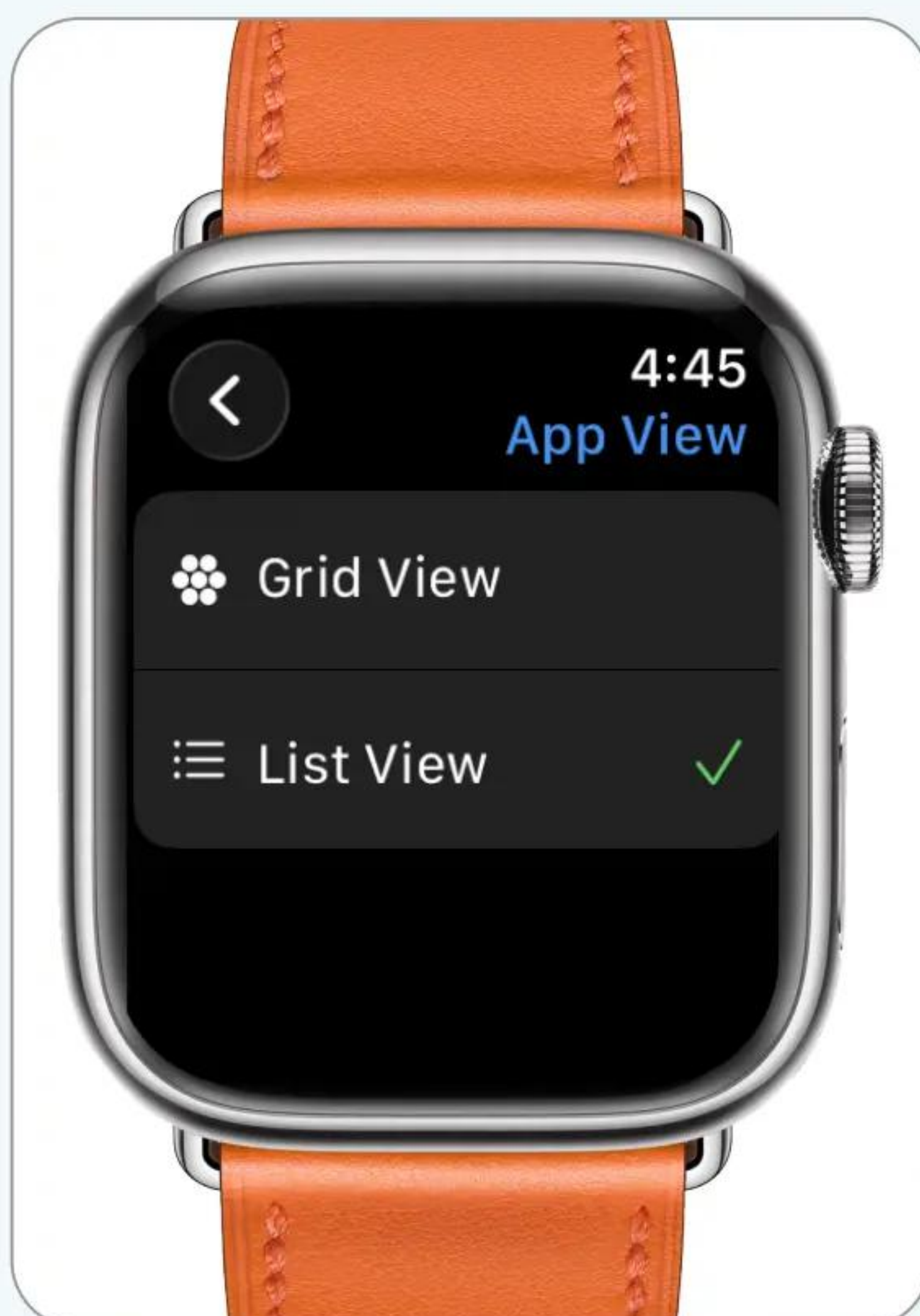
You can pair Bluetooth devices here. Put it into Pairing Mode and open General > Bluetooth, and tap the device when it appears to pair. Tap the 'i' next to a previously paired device and you can delete it from your watch. Scroll for an option to turn Bluetooth off.

Display & Brightness



Tap the small or large sun to dim or brighten the screen. Tap Text Size and make on-screen text larger or smaller, and switch Bold Text on or off. You can also change the watch's Always On feature and what's shown, and configure when it wakes from its sleep mode.

App View



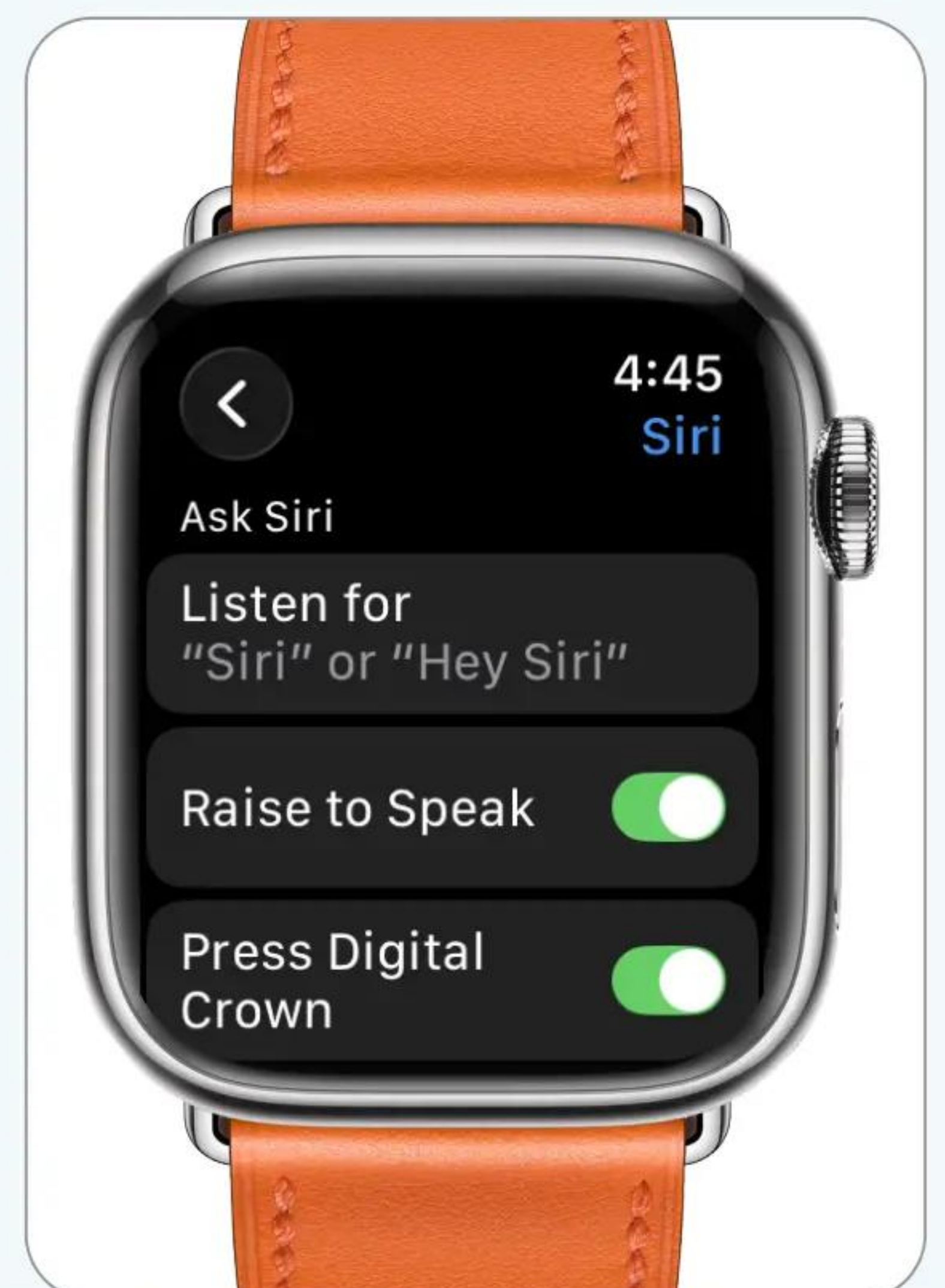
On the Home screen, your Apple Watch's apps can be displayed in Grid View (as round icons set in a grid, like a flower with the watch face in the centre), or a List View (a straightforward list of apps, in alphabetical order). Under App View, you can switch between them.

Accessibility



Accessibility is a range of features designed to help people with a visual, motor or hearing impairment use their Apple Watch. If you have trouble seeing what's going on, for example, you can use Voice Over, Reduce Transparency and more. Take a look and experiment.

Siri



Under Siri, you can configure the way Apple's personal digital assistant works on your watch. Do you want Siri to appear when you say, 'Siri' or 'Hey, Siri', when you press the Digital Crown or both? What apps do you want to use with Siri? Change all this and more.



Sounds & Haptics



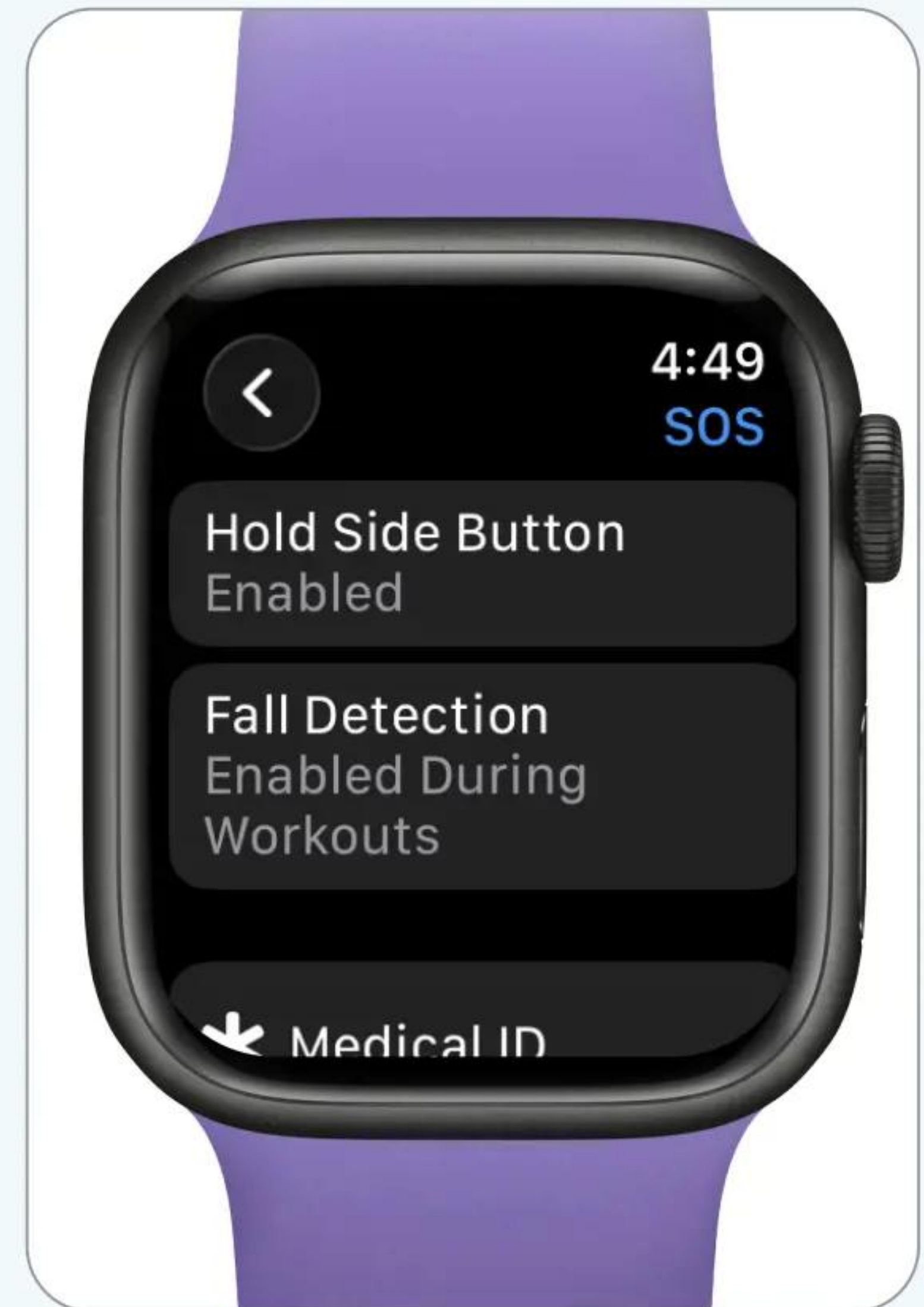
Change the alert volume, activate Silent Mode, change the way Crown and System Haptics are delivered and more. Under Headphone Safety, you can see how many times you've been warned your earbuds are too loud, and have over-loud sounds reduced automatically.

Passcode



Change your Passcode here, or even turn it off, but if you do, cards registered in Apple Pay are deleted. Turn on Wrist Detection and your watch is locked when you're not wearing it, to keep your data safe. Erase Data clears your watch after ten incorrect password attempts.

SOS



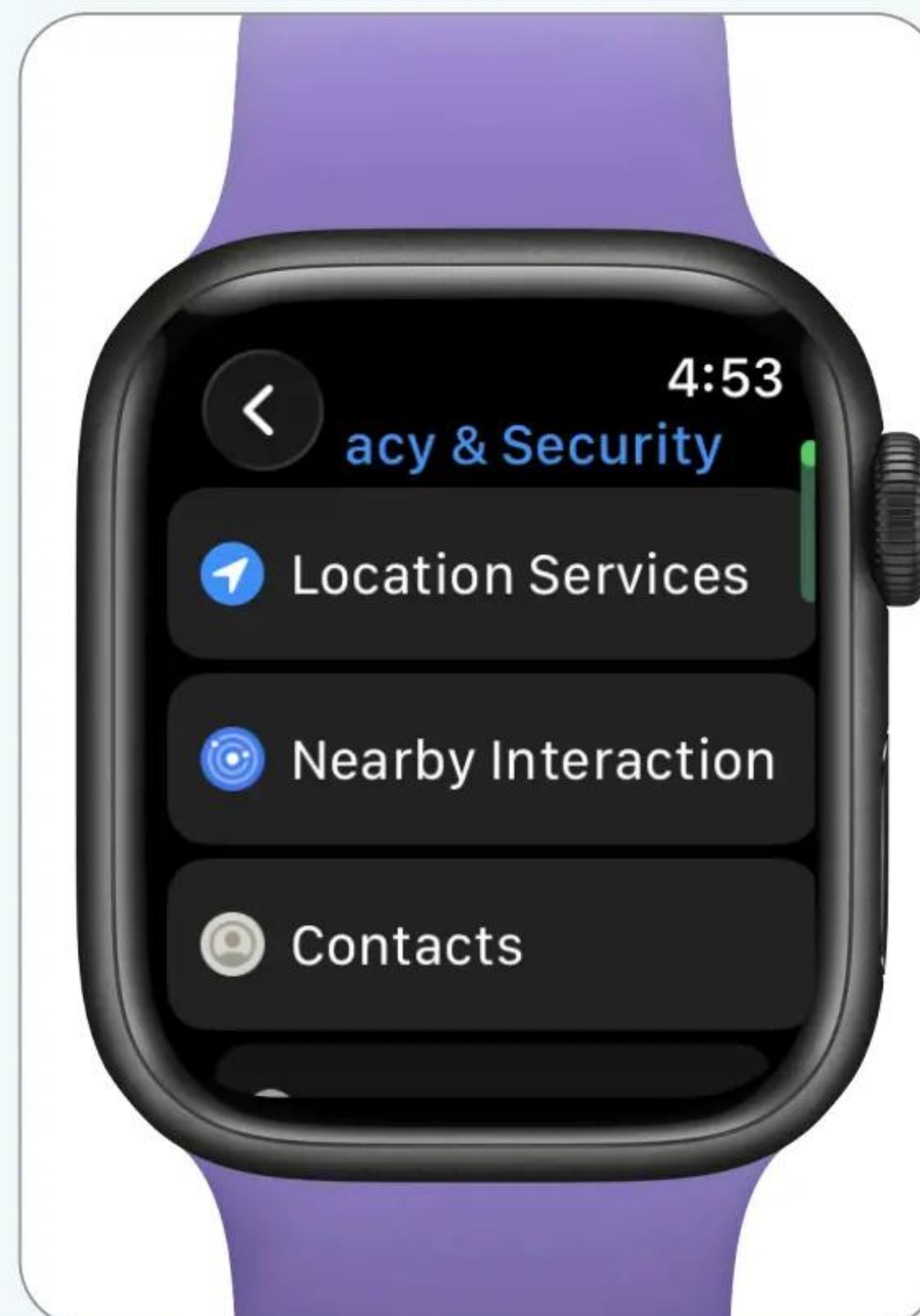
You can make an emergency call from your Apple Watch (through your iPhone on non-cellular models). Hold the Side Button for a slider that makes the call, or have it made automatically if it detects you've had a fall. Turn these options on or off in the SOS option.

Battery



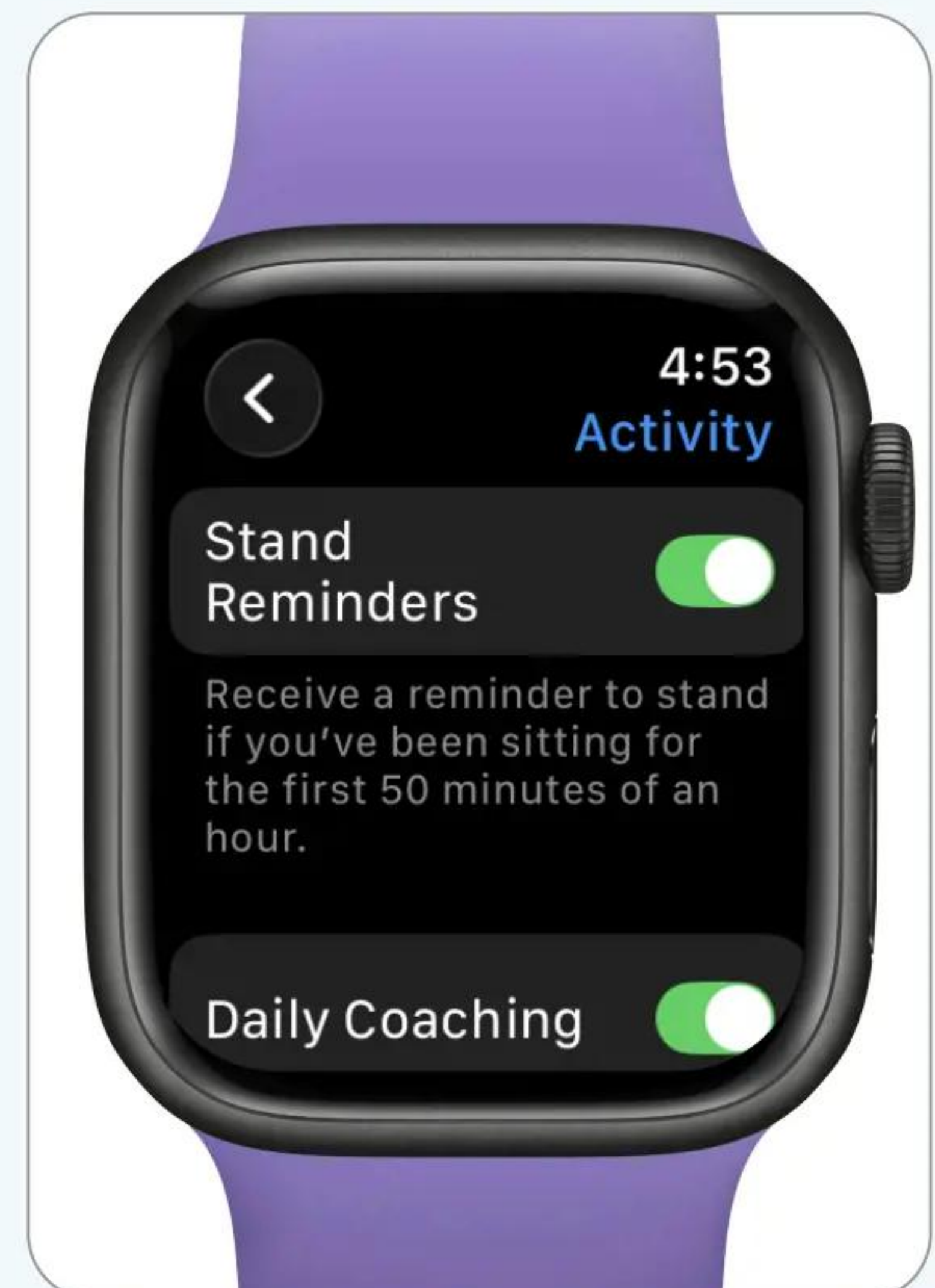
Here you can check how much battery power you have, and how much power you had over time, via a bar graph that also shows when your watch was on its charger. If your battery is low, Power Reserve turns off most of the watch's functions, so you can tell the time for longer.

Privacy & Security



Here you can make configurations to your Apple Watch with privacy in mind. Set how your Location Services work, that is, when and why your watch can tell where you are. You can also configure privacy services on a per-app basis; for apps that need access to other apps.

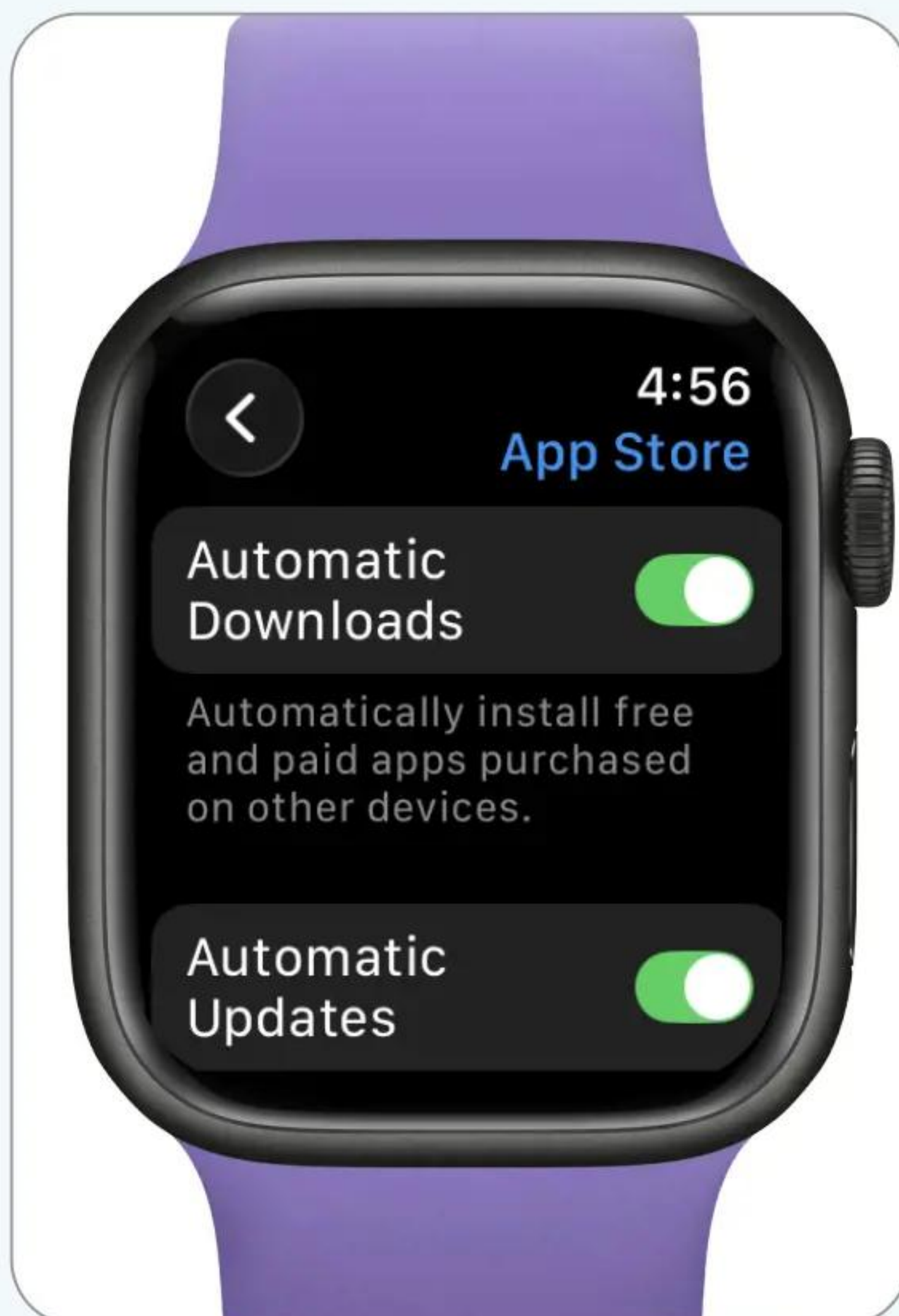
Activity



The popular Activity app can also be configured in Settings. You can turn Stand Reminders, Daily Coaching tips and Goal Completions messages on and off, get notifications about Special Challenges and also Activity Sharing Notifications when people share with you.

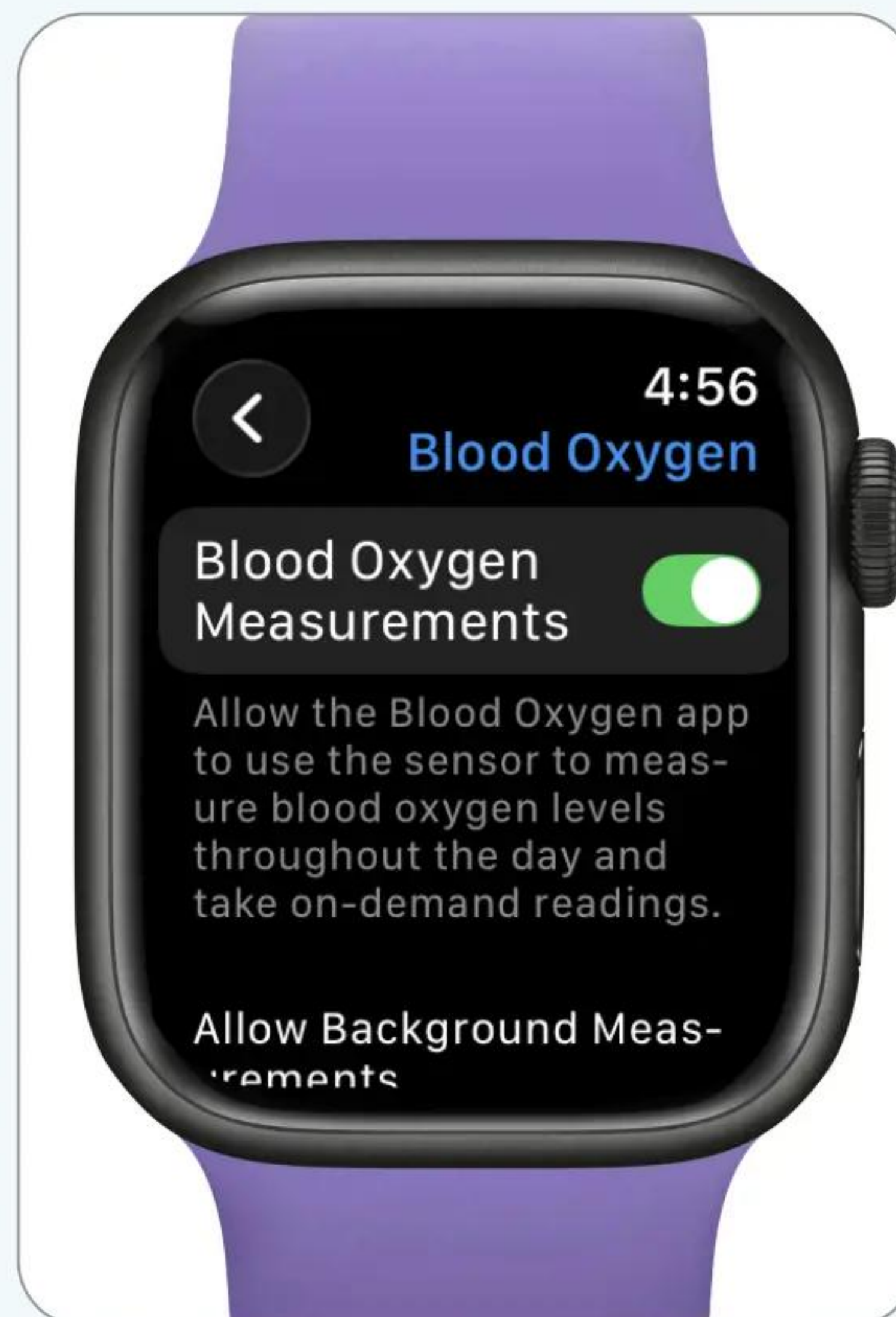


App Store



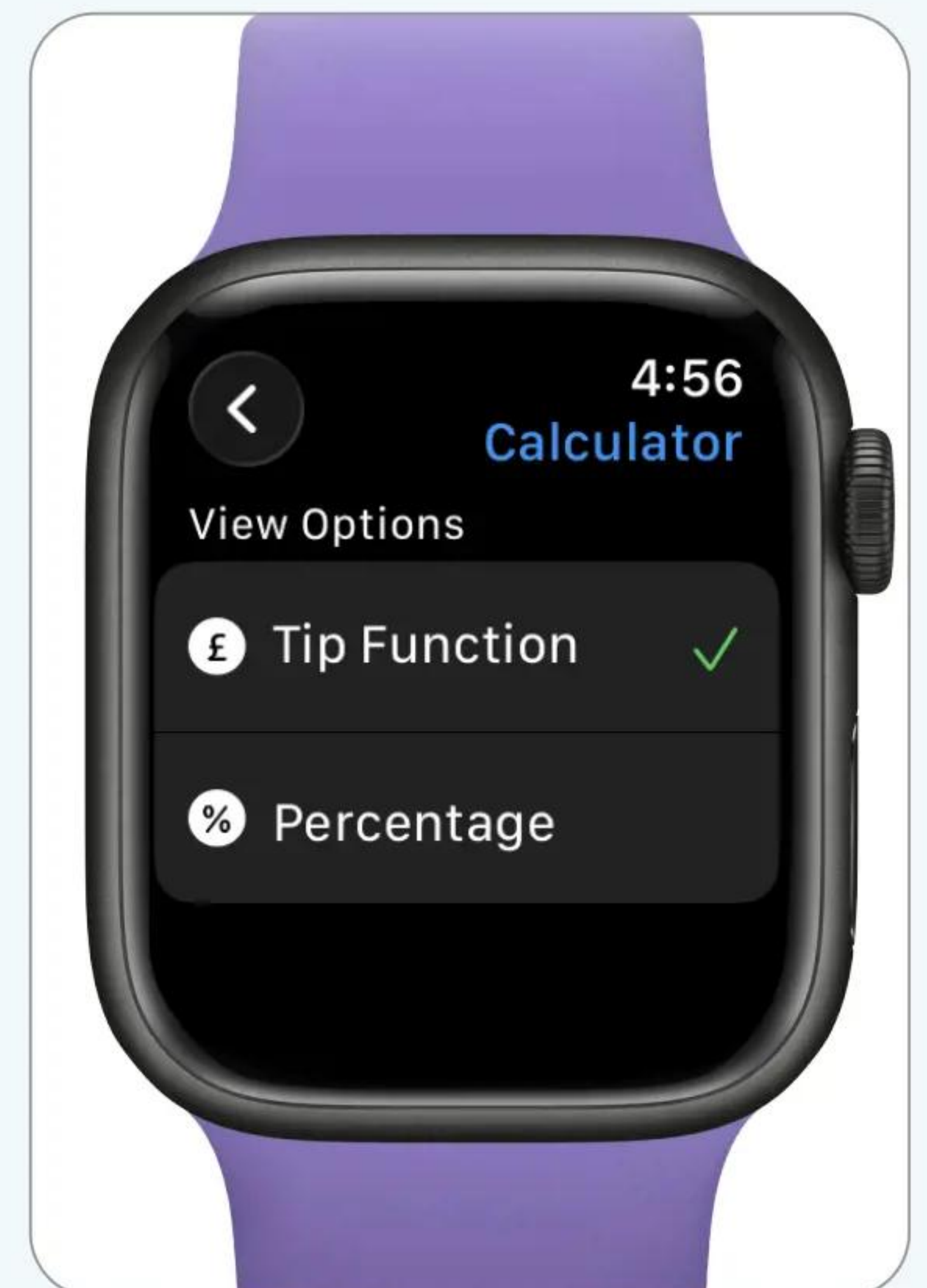
When you buy an app with an Apple Watch sister app on your iPhone, you can have it download automatically on to your watch if you wish. You can also have your apps update automatically, instead of doing so manually on your iPhone. Read about App Store privacy too.

Blood Oxygen



Your Apple Watch can measure your blood oxygen level, as part of your health and fitness programme. In Settings > Blood Oxygen, you can turn off Blood Oxygen Measurements, and set up whether you want them recorded when your watch is in Sleep or Cinema mode.

Calculator



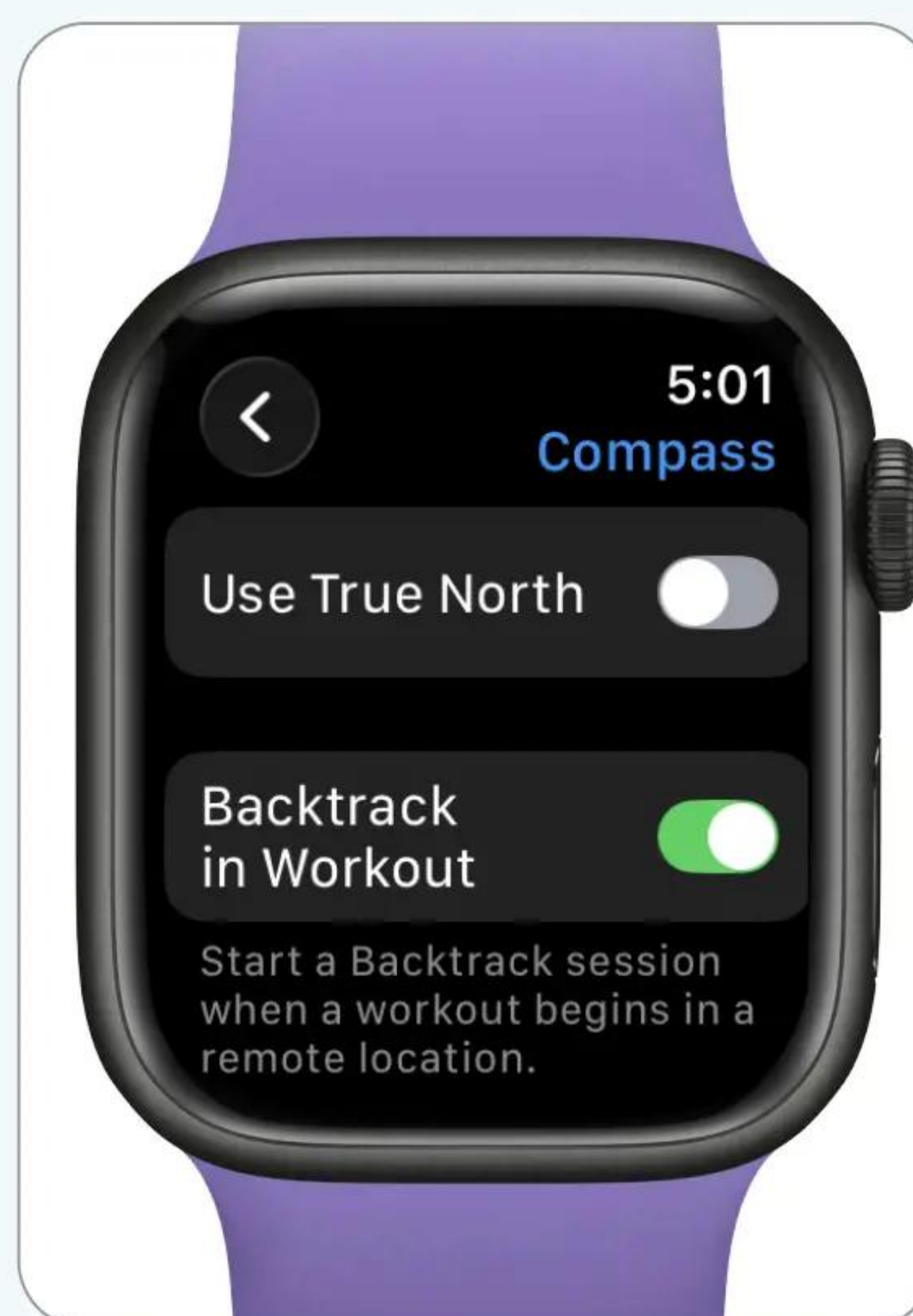
When you're wearing an Apple Watch, you've always got a handy calculator within easy reach. Your Calculator app can calculate tips, and also percentages, using a button on the top row of the calculator. Switch between these functions in Settings > Calculator.

Clock



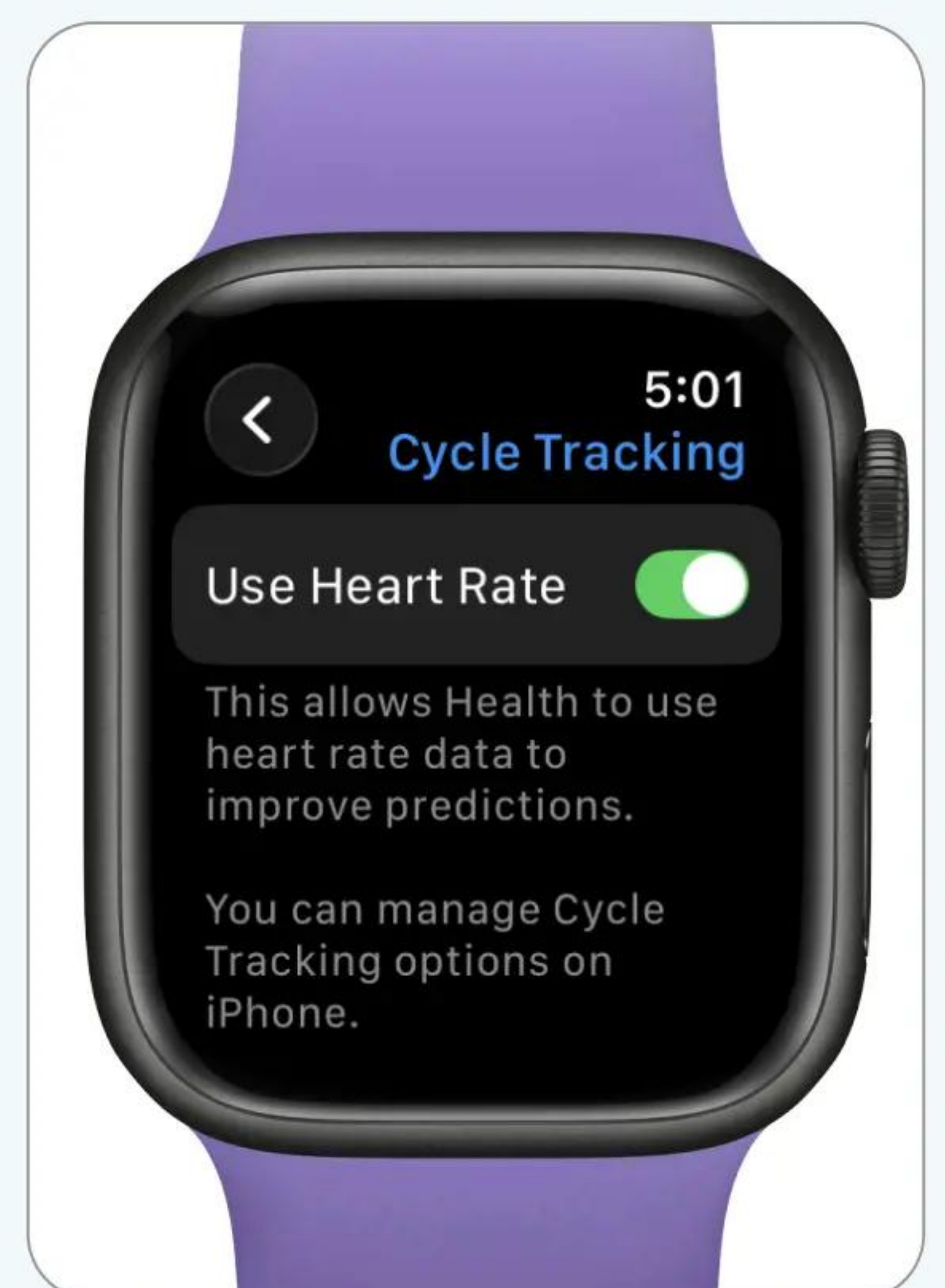
Your Apple Watch sets its time automatically, through the Internet. But some people like to set their watch a few minutes ahead or behind the actual time. You can do either here, as well as have a chime played on the hour, set up a monogram for faces that use them and more.

Compass



The Compass settings option lets you configure the app. You can opt to use true north instead of magnetic north, and choose which grid system you use. The options are DMS, Decimal Degrees, MGRS/USNG and UTM. This makes the app more useful to serious navigators.

Cycle Tracking



Cycle Tracking is a recent addition that focuses on women's health. Most of the controls for this feature are found in the iPhone's Health app, but here you can allow Cycle Tracking to use your heart rate to improve predictions regarding your menstrual cycle.



Handwashing



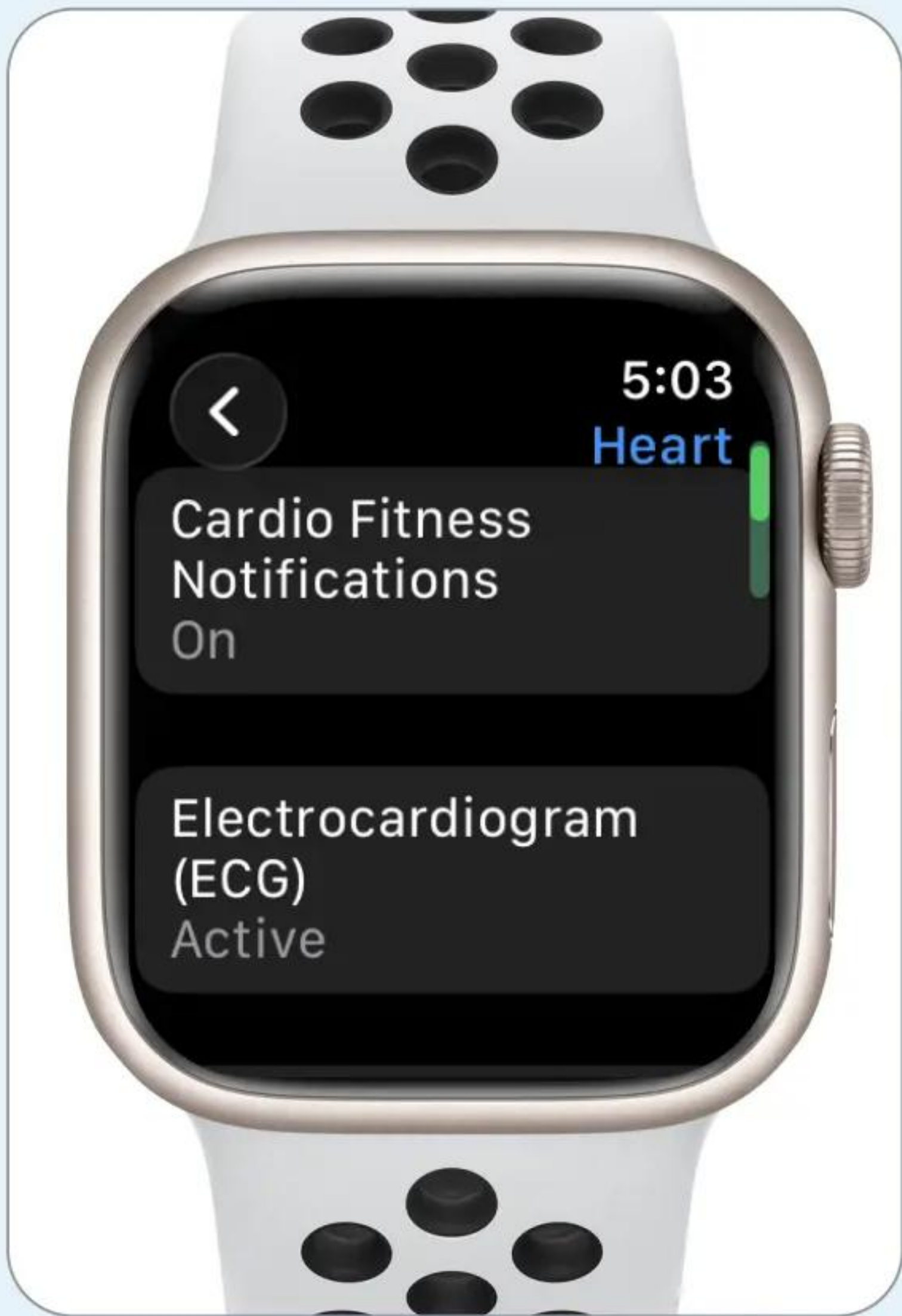
Do you wash your hands for long enough to kill the coronavirus? Apple Watch can detect when you're hand washing, and start a timer to make sure you wash for at least 20 seconds. It's off by default, but you can turn it on here, in Settings > Handwashing.

Health



Do you want your Health app to have access to information gleaned from other apps and also connected health devices? You can configure this here, and also review your Health Data and Medical ID, and see which devices have added data to your Health app.

Heart



Your Apple Watch can measure your heart rate, and give you warnings if, while you're inactive, it exceeds a certain rate (120 bpm by default), or drops dangerously low (40 bpm by default). Here you can turn these warnings off, or change their thresholds.

Mindfulness



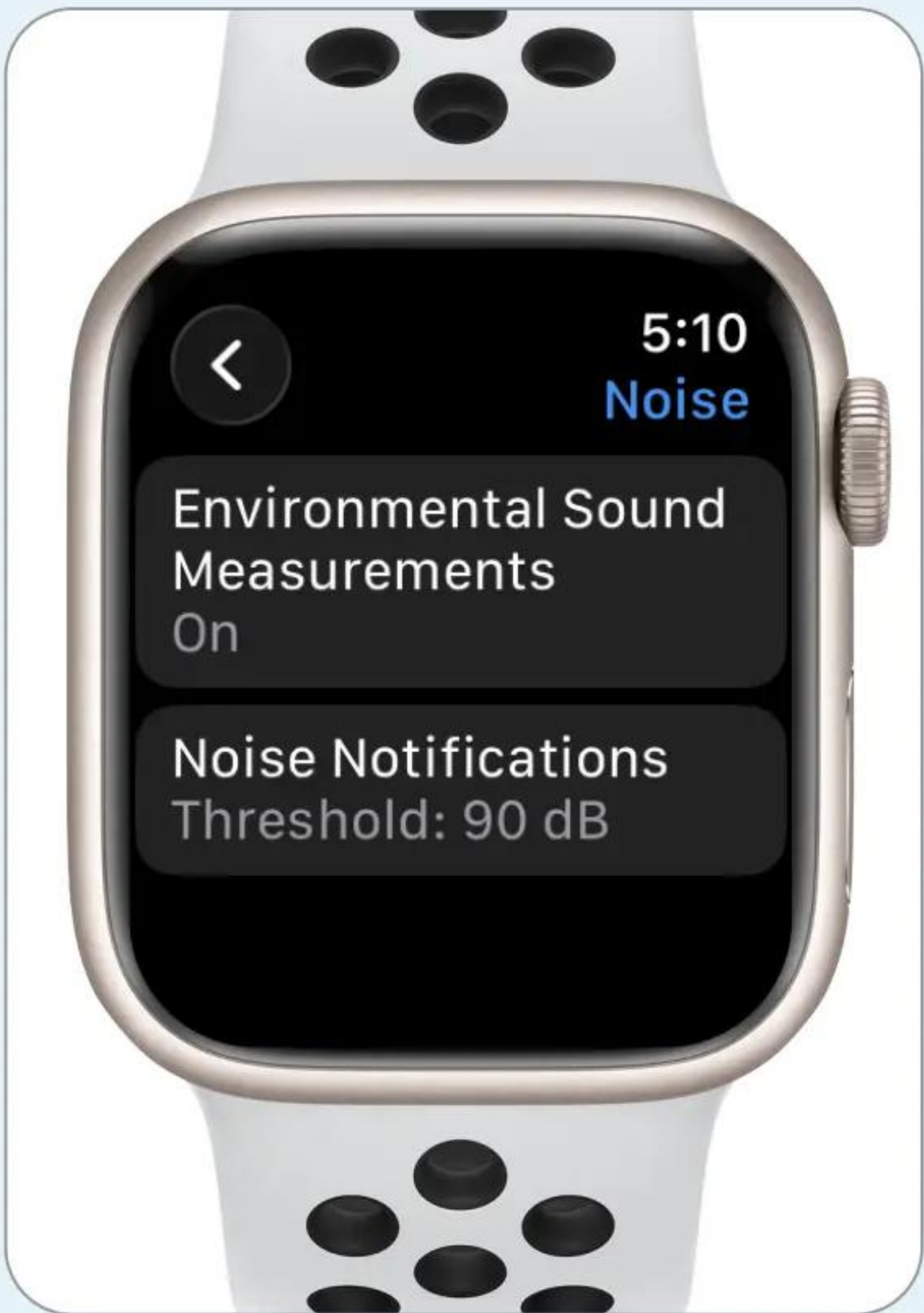
The Apple Watch's Mindfulness app encourages you to 'focus, centre, and connect as you breathe'. In its Settings section, you can set reminders, add a weekly summary, add new meditations to your watch and more. It's mostly off by default.

Music



There are several ways to configure the way the Music app works. Add Playlist Songs adds tunes you've included in playlists to your Apple Watch. Recent Music does the same for things you've played recently. You can also choose whether to share your Listening History.

Noise



If you regularly find yourself in a noisy environment and worry about your hearing, the Noise settings can be set up to measure environmental noise, and give you a warning if it reaches a certain threshold (you choose), so you know when to plug in your earplugs.



Podcasts



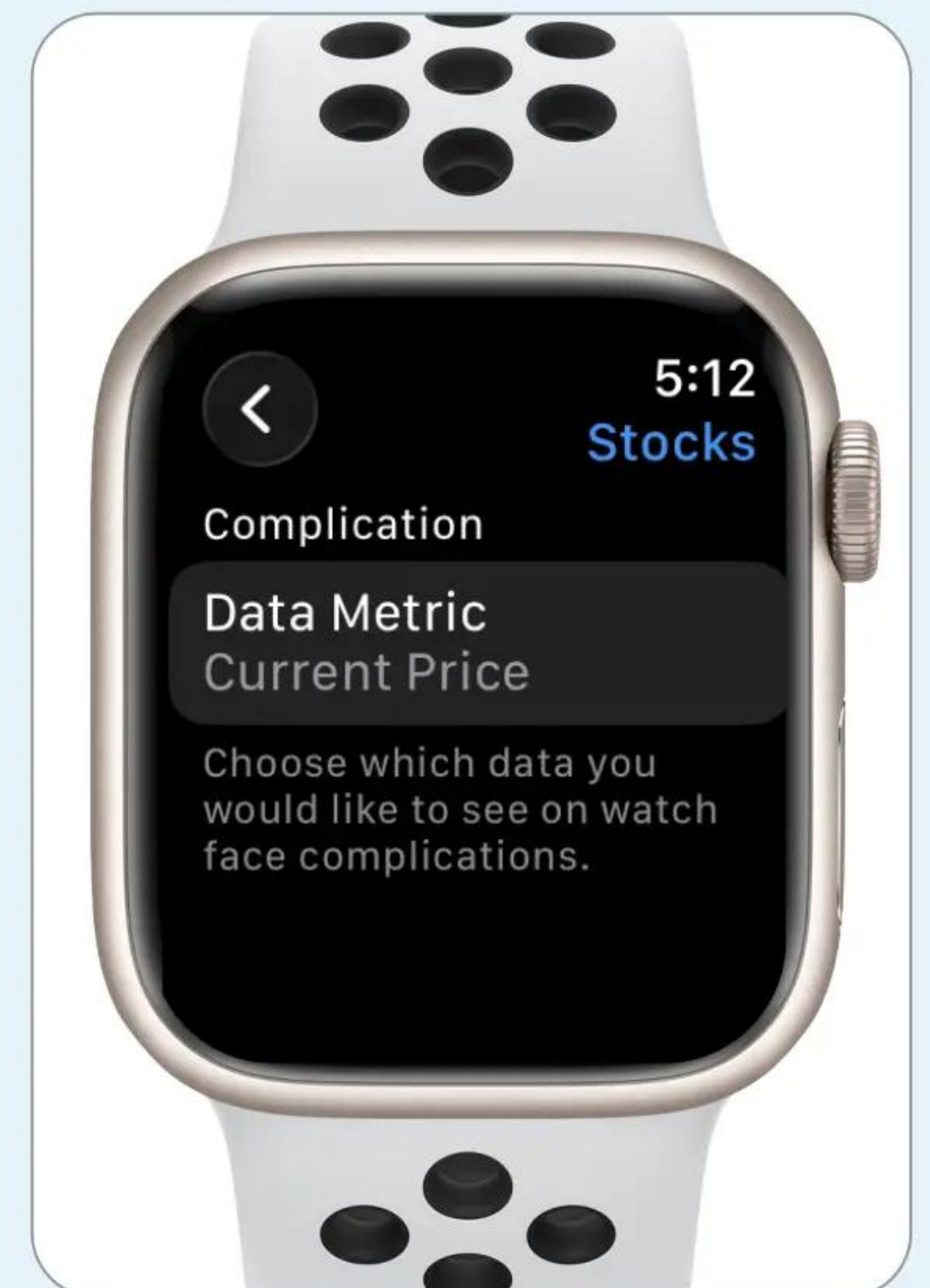
The way the Podcasts app works on Apple Watch can also be configured. You can choose how many unplayed episodes are downloaded to your watch, and how many saved episodes are included. You can also configure controls such as skip forwards and backwards and more.

Sleep



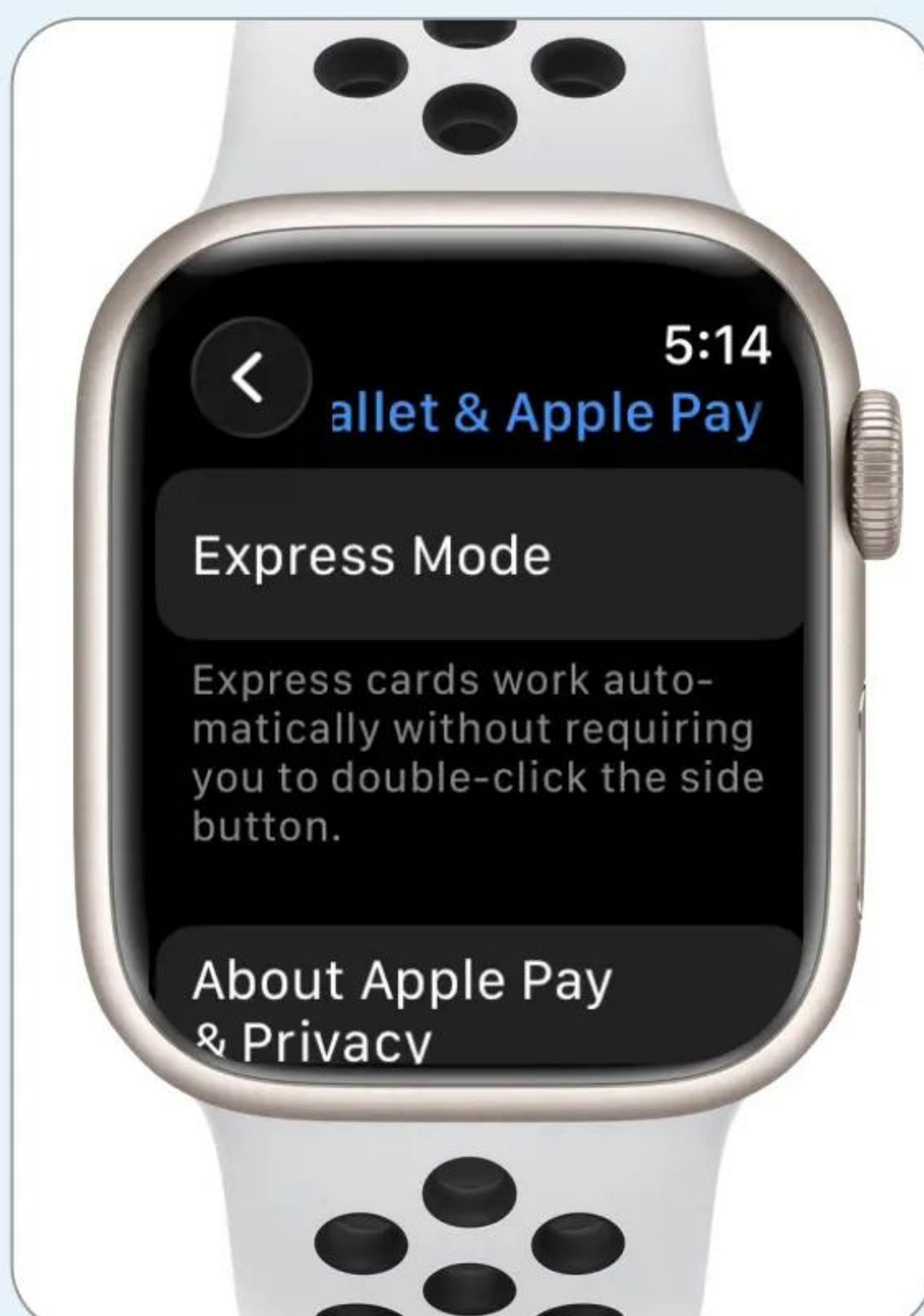
When you've set up your Sleep app, you can create bedtime schedules, set sleep goals and more. If you wear your Apple Watch in bed, you can have it track your sleep to find out how much quality sleep time you get and more. Its settings are available then.

Stocks



If you have a Stocks complication on the watch face, what do you want displayed on it? In the Stocks settings, you can choose between Current Price, Points Change, Percentage Change and Market Cap. You can also choose what stock you want displayed.

Wallet & Apple Pay



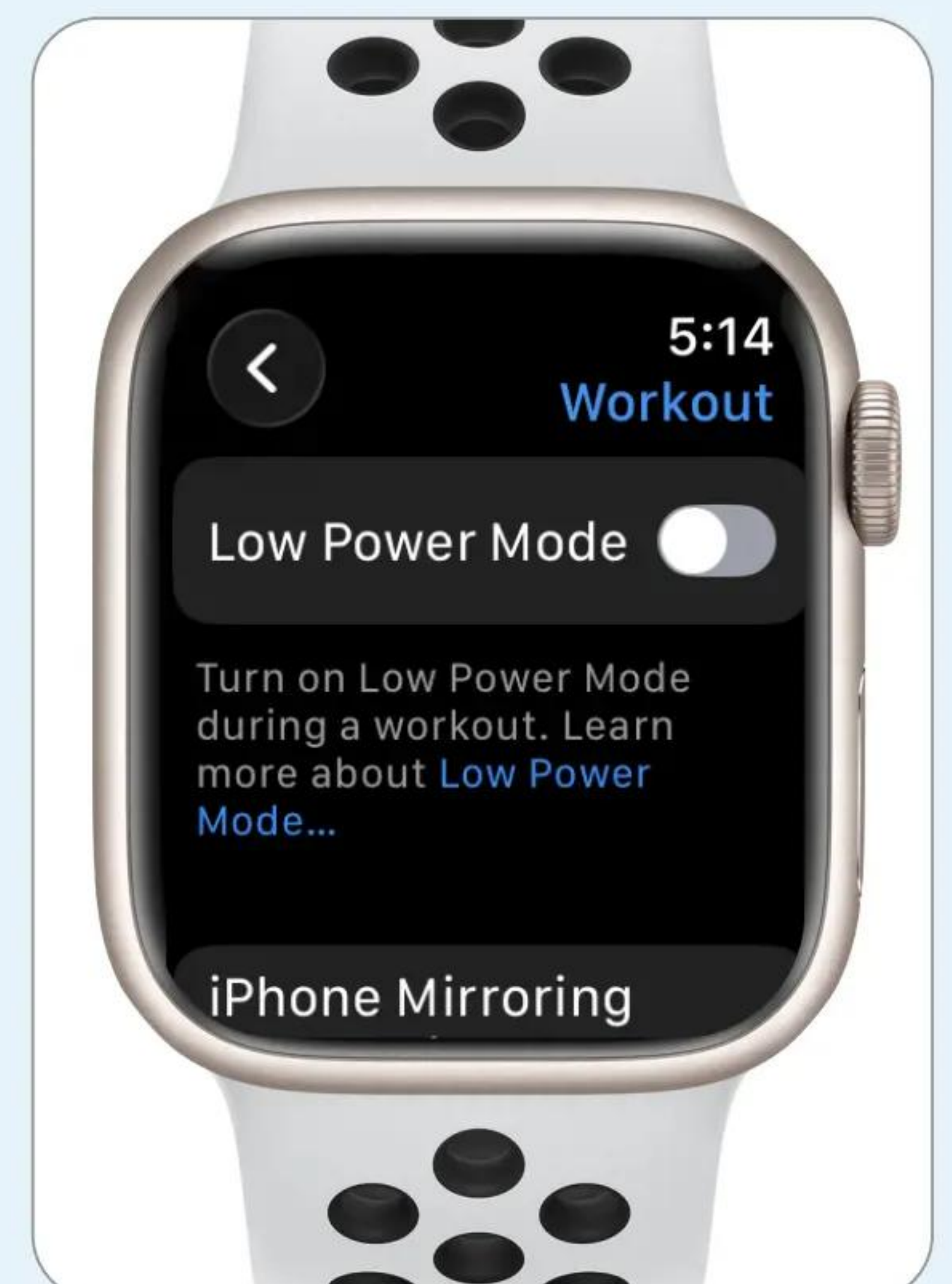
If you've set up Apple Pay in your Wallet app, by adding credit and/or debit cards, configure the app here. Set up one of the cards in Express Mode and you can pay with that card without double-clicking the side button. You can set expired tickets and passes to be hidden too.

Weather



The Weather setting is another one used for Complications on the watch face. Which location do you want to display the weather in the Complication? By default it's your current whereabouts, but you can set it to a town or city you've added in your Weather app.

Workout



You can configure a lot of settings in the Workout section. Turn on Power Saving Mode during workouts, auto-pause workouts when you have a short rest, Start and End Workout reminders and more. It can even detect when you're using gym equipment.



NameDrop on Your Watch

This great feature is an offshoot of AirDrop, and it gives you a new way to share your contact details and even media files with other Apple Watch and iPhone users. Here's a guide to using NameDrop.



For years, we've enjoyed the ease with which we can share files with AirDrop, and now it's got a whole lot easier. Since watchOS 10 and iOS 17, you don't even need to go through the Share menu. You simply bring your phones or phone and a watch together. One way of using this great new way to AirDrop is the NameDrop feature. Now you can share your Contact Poster, along with your details, quickly and easily.

AirDropping with NameDrop

The NameDrop gesture, that is, bringing iPhones together, can also be used to share content. Instead of going through the Share menu, you can choose files such as photographs, videos, documents and other things you might have previously AirDropped, and share them with an iPhone-owning friend by bringing your phones together.

If you need to walk away and leave AirDrop range while the file or files are transferring, the transfer continues over the Internet instead.





How to use NameDrop



- 1 First of all, you bring your phones close together. You don't have to do anything beforehand – just bring them into close proximity. Both iPhones must be running iOS 17 or later.



- 2 When your phones detect each other, your contact posters appear. Look at the buttons at the foot of the screen. If you only want to take the contact details from the other person without sharing your own, tap Receive Only. If you want to share your contact details with them, tap Share. You can choose which details you wish to share.



- 3 Your details are exchanged, leaping from your own iPhone to the other person's iPhone (assuming you opted to share, of course). The details you have gained through NameDrop are then saved into the Contacts app. This is much easier than opening a new Contacts card and typing them all out, an item at a time.

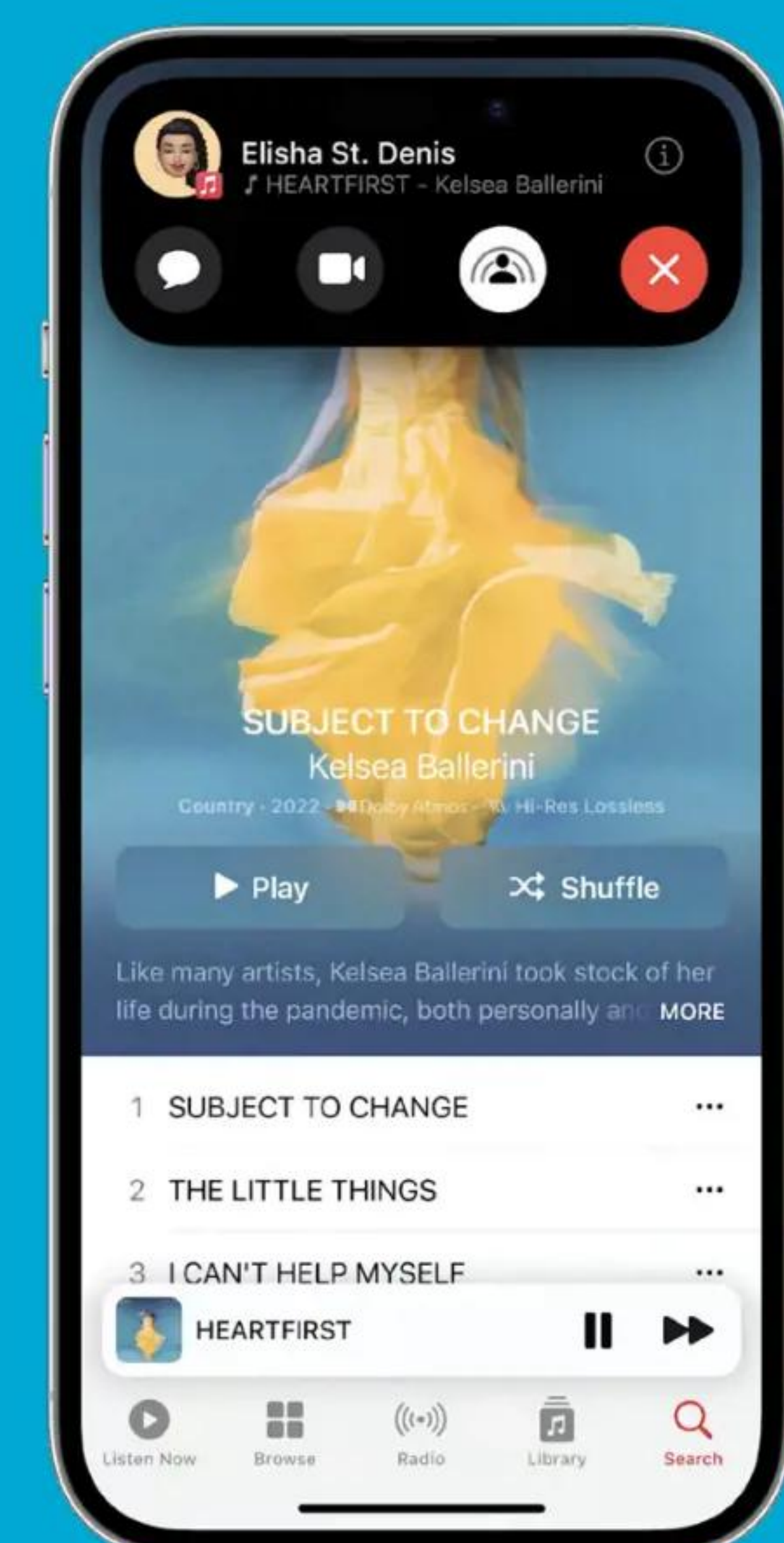


- 4 You can NameDrop between an iPhone and an Apple Watch too. The iPhone must be running iOS 17 or later and the Apple Watch needs to be running watchOS 10 or later.

SharePlaying with NameDrop

You can also use the NameDrop gesture to initiate a SharePlay session. If you want to share music, for example, you can do this by bringing your iPhones together and the tunes will play in sync.

Apple is including this gesture in the SharePlay programming tools, and the gesture will work automatically for third-party apps that support SharePlay.





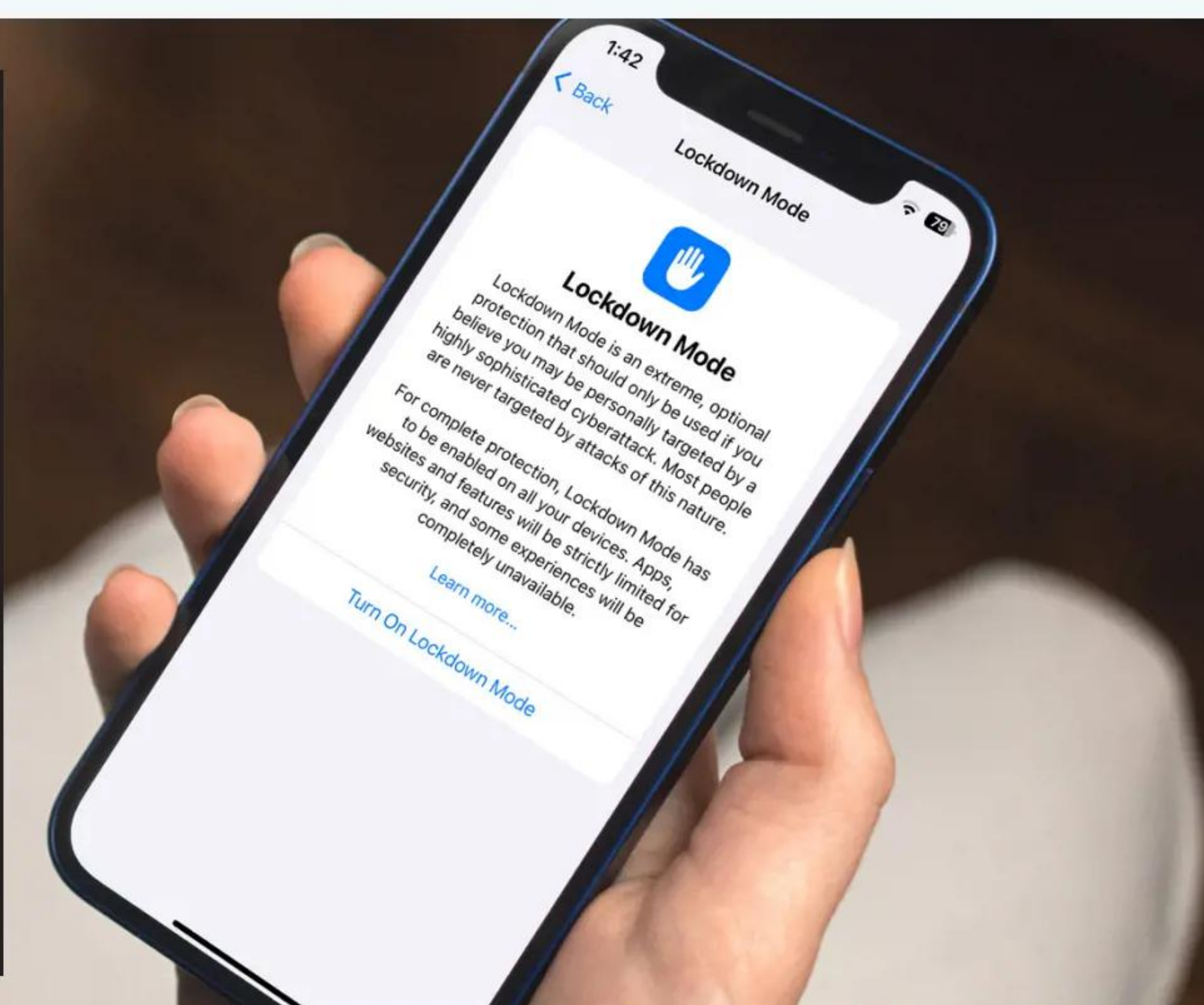
Lockdown Mode on Watch

The iPhone's Lockdown Mode, which protects those who are especially vulnerable to cyber attacks, now covers the Apple Watch as well. Here's what it does, and how to activate and deactivate it.



Lockdown Mode offers extreme protection to those who are especially likely to be subject to a cyber attack. Maybe you're a journalist, poking into things other people don't want you to reveal. Or perhaps you're a dissident, who needs to keep your information safe from the authorities. Or you could simply be concerned about taking your tech to a certain place, and could use the extra degree of security. Most people won't feel the need for Lockdown Mode, but if ever you deem it necessary, it gives an excellent level of security.

Available in iOS 16 or later, watchOS 10 or later, iPadOS 16 or later and macOS Ventura or later, with Lockdown Mode enabled your device reduces the chances of it being exploited by targeted spyware and other such attacks are very much reduced, but some apps, features and websites have limited utility or aren't available at all. Lockdown Mode affects the following apps:



• Messages

Most attachments other than images, video and audio are blocked, and links and previews are unavailable. Regular SMS messages are unaffected.

• Surfing the Web

Some web technologies are blocked, meaning some websites load slowly or don't function correctly. Some web fonts might not be shown, and some images could be replaced with the missing image icon.

• FaceTime

Unless you've previously called the person in question, incoming FaceTime calls are blocked. Features such as SharePlay and Live Photos are unavailable.

• Apple Services

A lot of incoming invitations to use Apple's services such as a request to manage a Home app are blocked, though if you've invited the recipient before, it should get through.

• Photos

If you share photographs or videos, information such as where they were taken is removed. Shared albums and their invitations are blocked, but can still be seen on other devices not in Lockdown Mode.

• Connect to Other Devices

To do this, you have to take your device out of Lockdown Mode, as the Lockdown feature prevents connections to greatly reduce the threat of cyber attacks.

• Wi-Fi

To keep you safe from Wi-Fi-based cyber attacks, your iPhone disconnects from non-secure networks, and it will no longer automatically join them. Also, 2G cellular data support is turned off as well.

• Settings

You can't install configuration profiles or enrol your iPhone in Mobile Device Management or device supervision programmes.

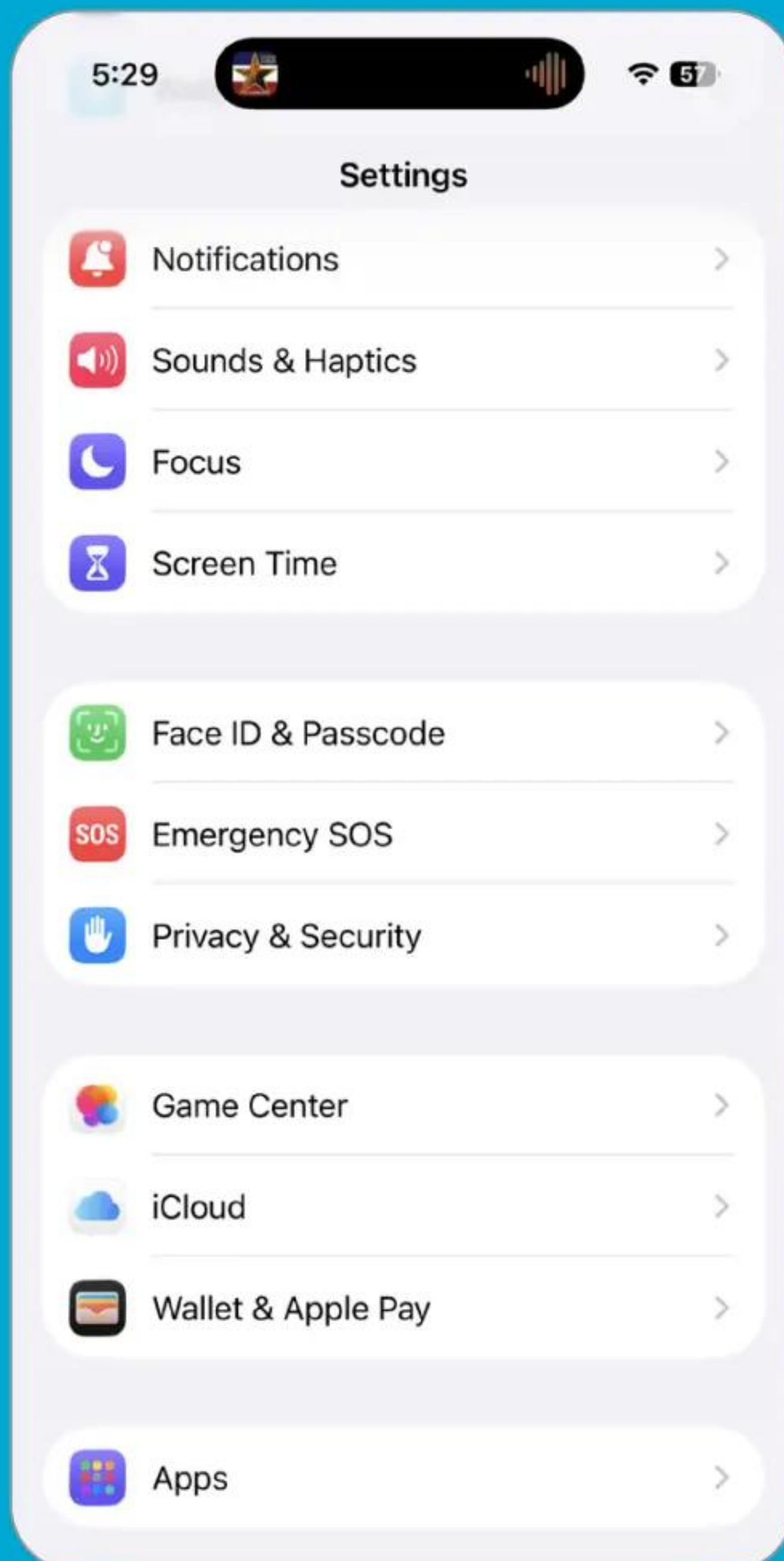
• Emergency Calls

Calls to your local emergency services are unaffected. You can still call the police or medical services in the usual way while your iPhone is in Lockdown Mode.



Activating LockDown Mode on your iPhone and Apple Watch

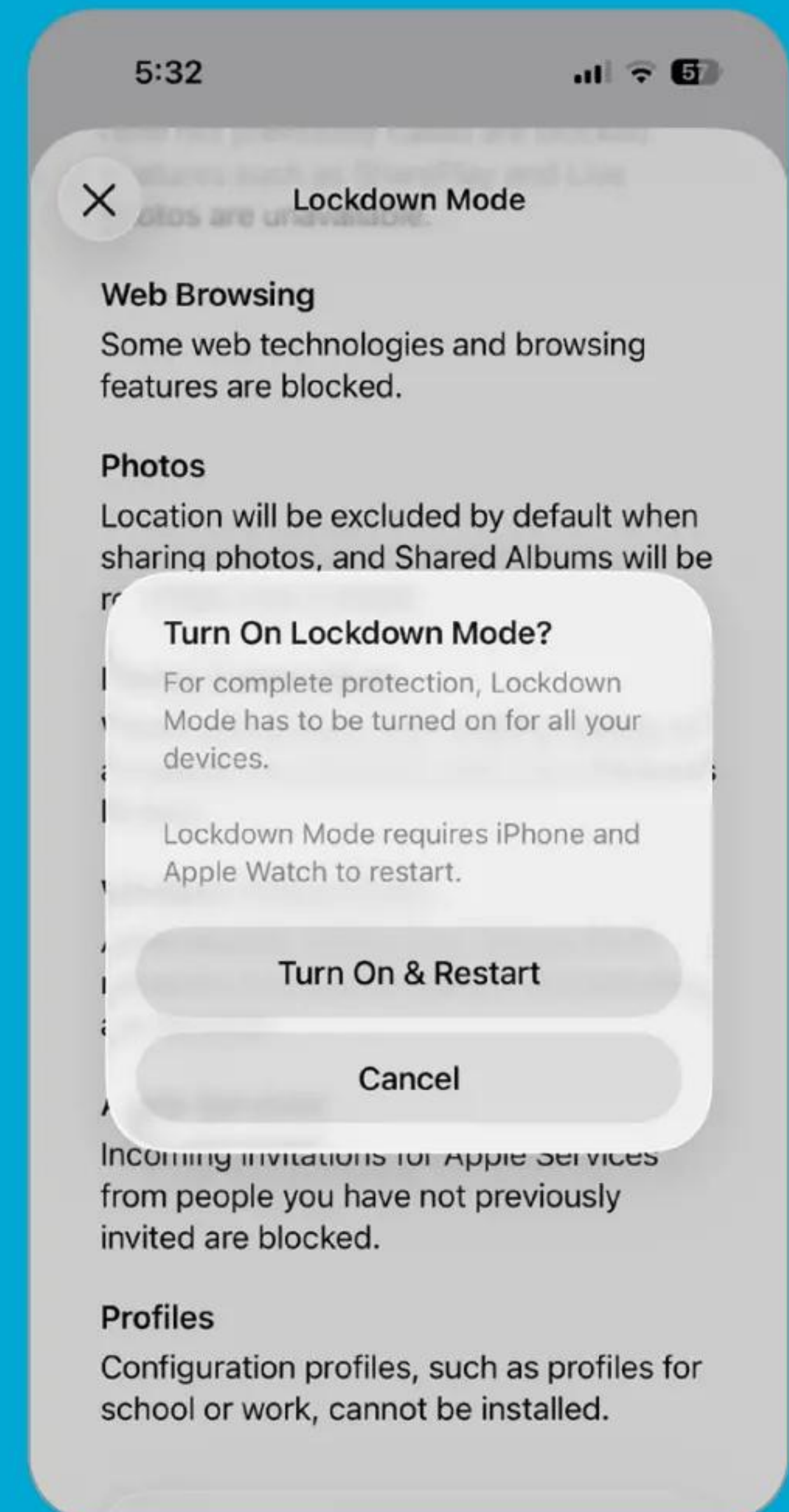
When you activate Lockdown Mode on your iPhone (iOS 16 or later), your Apple Watch (watchOS 10 or later) is automatically included too. Here's how to turn it on and off.



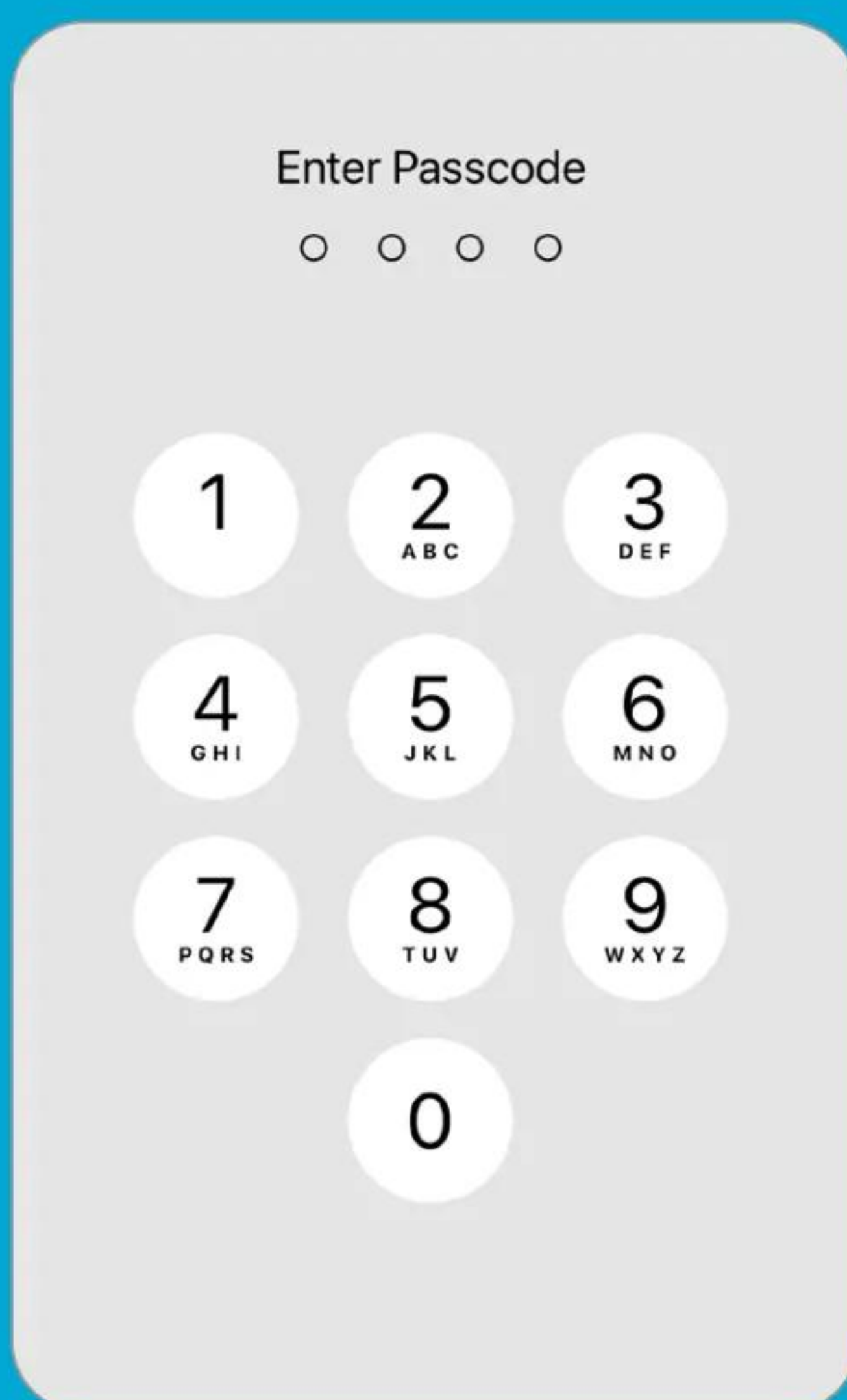
1 From the Home screen on your iPhone, open the Settings app. Tap the Privacy & Security option, as shown.



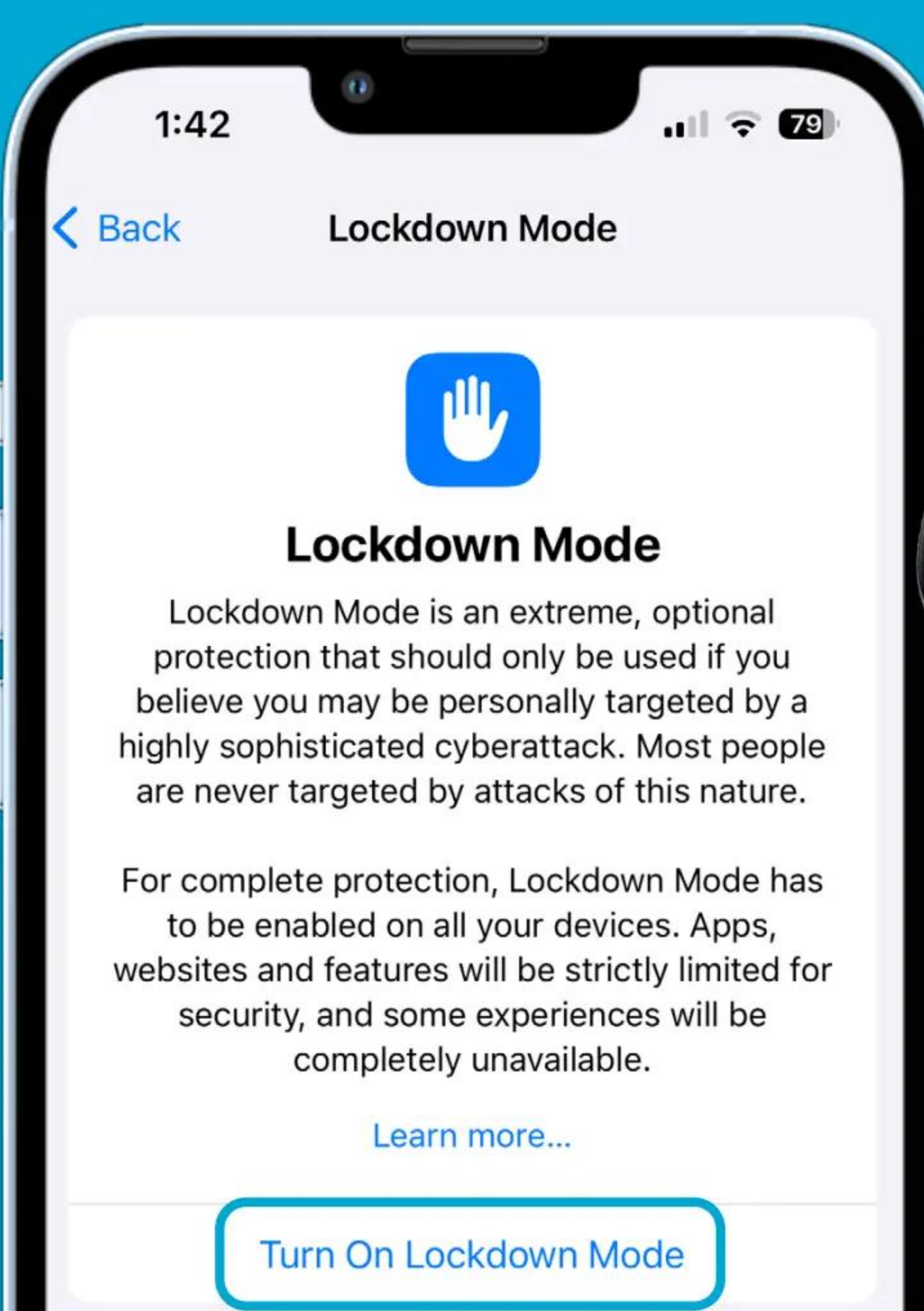
2 Scroll to the bottom of this section. You see an option called Lockdown Mode, which is off by default. Tap it.



3 On the next screen, tap Turn on Lockdown Mode and again on the screen after.



4 Enter your passcode. All Apple devices on your network and signed into your Apple ID restart in Lockdown Mode.



5 Your Apple Watch and iPhone are now in Lockdown Mode. Should you wish to turn this off again, repeat these steps and tap Turn Off Lockdown Mode.



Master Your Pre-Installed Watch Apps

Just like your iPhone, your Apple Watch has apps. Some are bundled with the operating system, while others can be downloaded as part of their iPhone apps or in some cases as watch-only applications. In this section, we bring you tutorials on apps such as Mail, Messages, Music, Podcasts, Compass and the brand new Notes app. It's amazing what you can do, directly from your wrist.

[Learn more >](#)



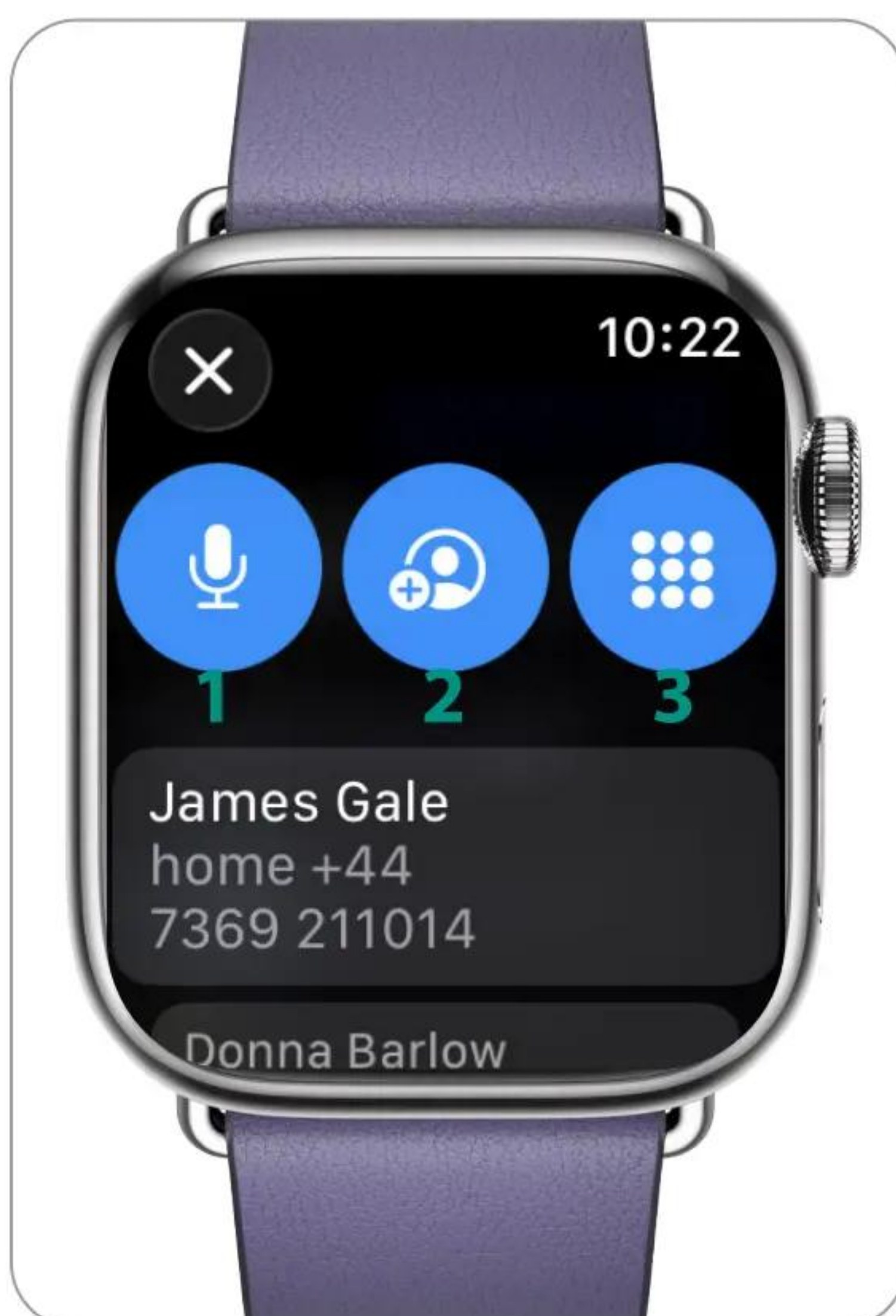
Messages on Your Apple Watch

The Messages app is probably one of the most used features on your iPhone. You can send and receive messages through your iPhone with your Apple Watch by using Dictation, the keyboard, sending an audio message or using a standard reply. You can even throw in an emoji. Here's how to read and reply to Messages on your watch.

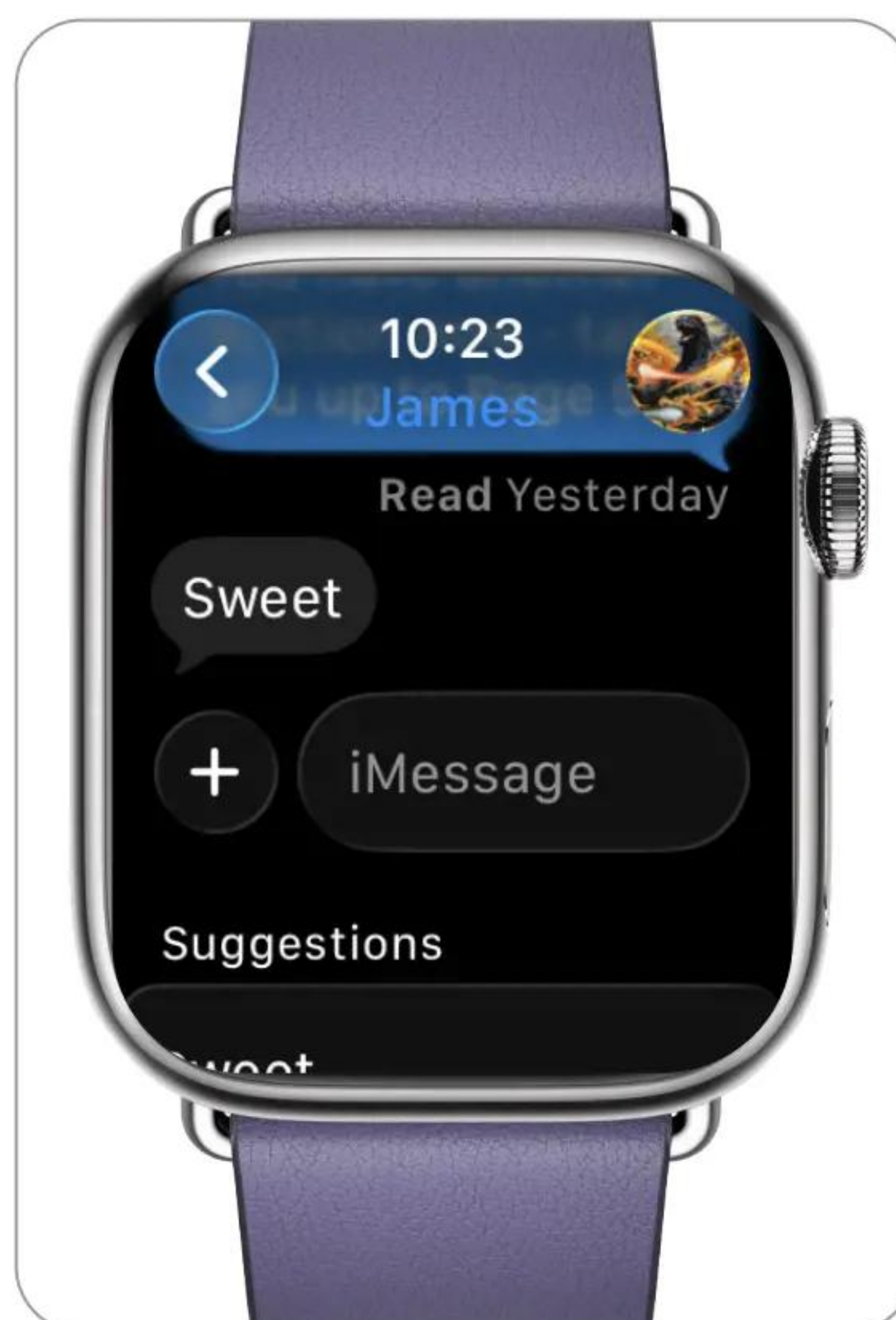


Using the Messages App

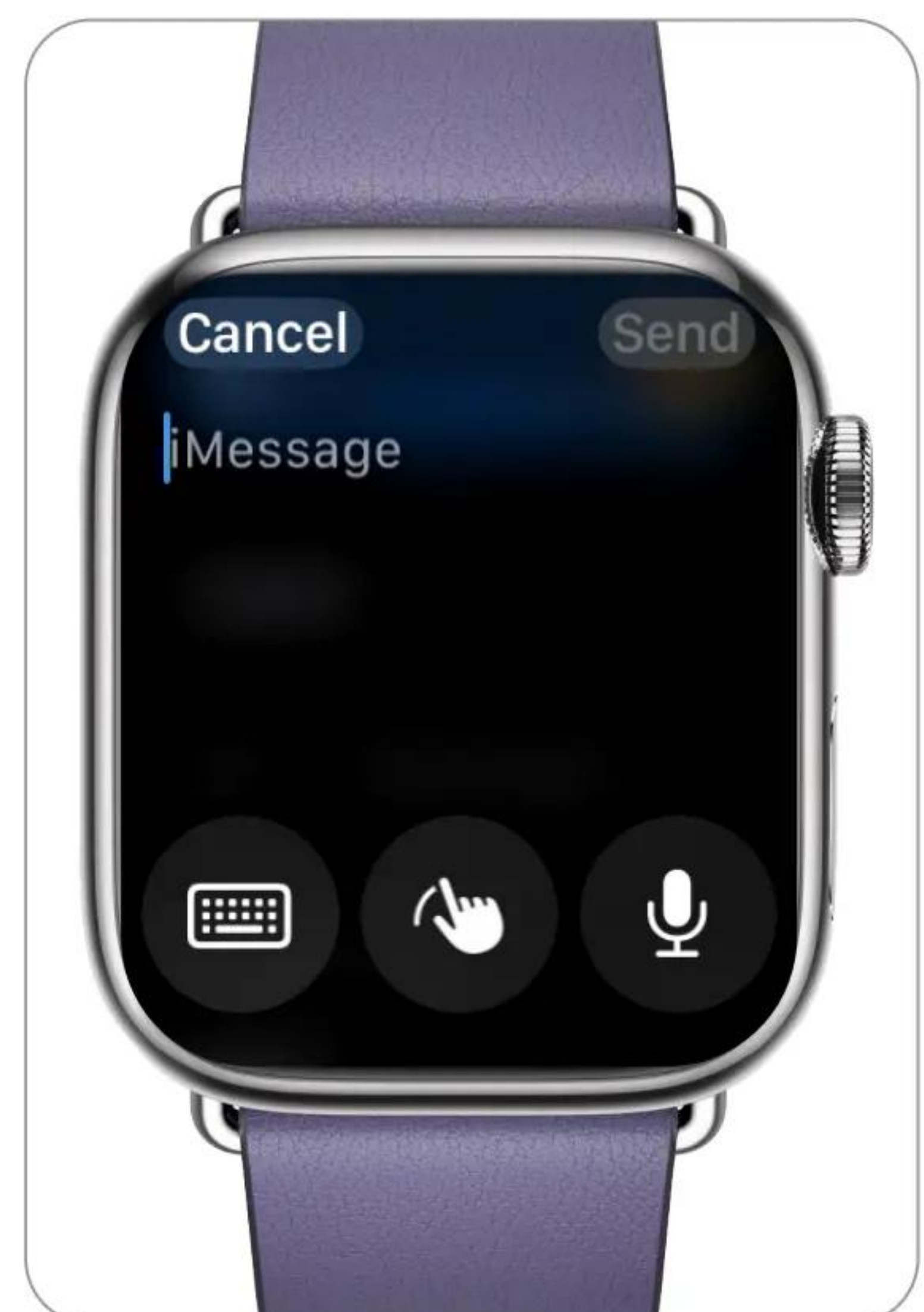
The Apple Watch Messages app isn't as comprehensive as the iPhone version but you can still get a fair bit done with it. Here's a guide to sending and receiving messages and more; all from on your Apple Watch.



1 Open Messages and you see your conversations. Turn the Digital Crown back to see your pinned contacts, or forwards to scroll down your list. Tap a conversation to add to it, or tap the new message icon atop the screen to start a new one. Tap Add Contact and use Dictation [1], your Contacts app [2] or the keypad [3] to add a person or number.



2 If you're adding a person from your Contacts app, choose which phone number you wish to send the message to. Then tap Create Message, and tap the iMessage or SMS field. To reply to an existing message, scroll to the conversation you want to reply to. Tap the field titled 'SMS' or 'iMessage', then enter you can enter your message.



3 Tap the keyboard icon for the virtual keyboard (Series 7 watch or later). Swipe it up to change between keyboards you have previously installed on your Apple Watch. The finger drawing on the screen gives you the Scribble feature, the smiley face offers emojis and the mic gives speech to text.



4 Whether you're sending a new message or replying to a message that's already in your conversations list, instead of tapping the text field, you can scroll up for 'Suggestions'; a list of ready-made comments. Tap one to send it. Scroll up further for the option to send your location.



5 You can send various media as messages. To do so, instead of writing a message tap the Plus icon next to the text field and then choose an option from the list. You can send an audio message, your location, stickers, images, and sketches made after choosing the Digital Touch option.



6 To send an audio clip, tap the '+' next to the text field and then tap Audio. Tap Send when you've finished. Use Digital Touch to draw a sketch, and when finished, tap Done to send. To send 'feelings', two-finger tap for a kiss, tap and hold with two fingers for a heartbeat, one-finger hold for a fireball.



7 Tap the + menu's Location option to send details of your whereabouts to another person, or request that they send theirs. You can choose whether it's given for one hour, until the end of the day or indefinitely. Or use Check In to let friends and family know when you've arrived at your destination.



8 Unlike your iPhone or your desktop/laptop computer. You can't actually change a Message Background on your Apple Watch, but if you add one on your iPhone, that's reflected on your Apple Watch too. Likewise, you can't add a Poll on the watch, but you can vote on one as long as said Poll is shown on your iPhone.

Smart Actions



The Messages app now offers suggestions, or Smart Actions, based on what was said in a message. Asking for a person's whereabouts might bring up Find My, for example, so you can send your location with a tap.

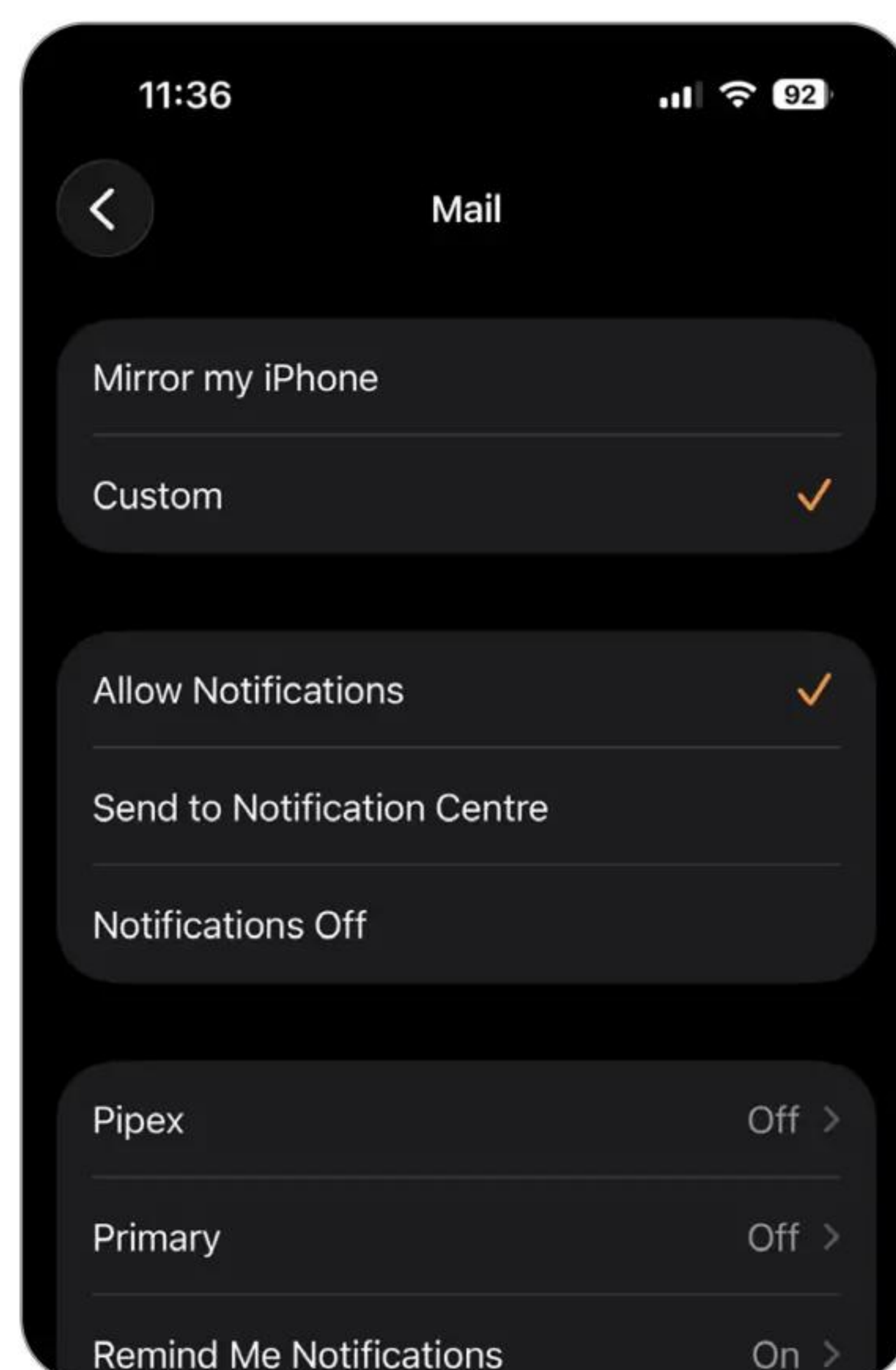
Mail From Your Wrist

It's amazing what you can do with Mail on the Apple Watch. You can read and reply to incoming emails, set it up so you only get emails from certain mailboxes on your watch, delete unwanted messages and flag any for later review. Then if you need more comprehensive tools, it's easy to switch to the iPhone's Mail app and read the same email.

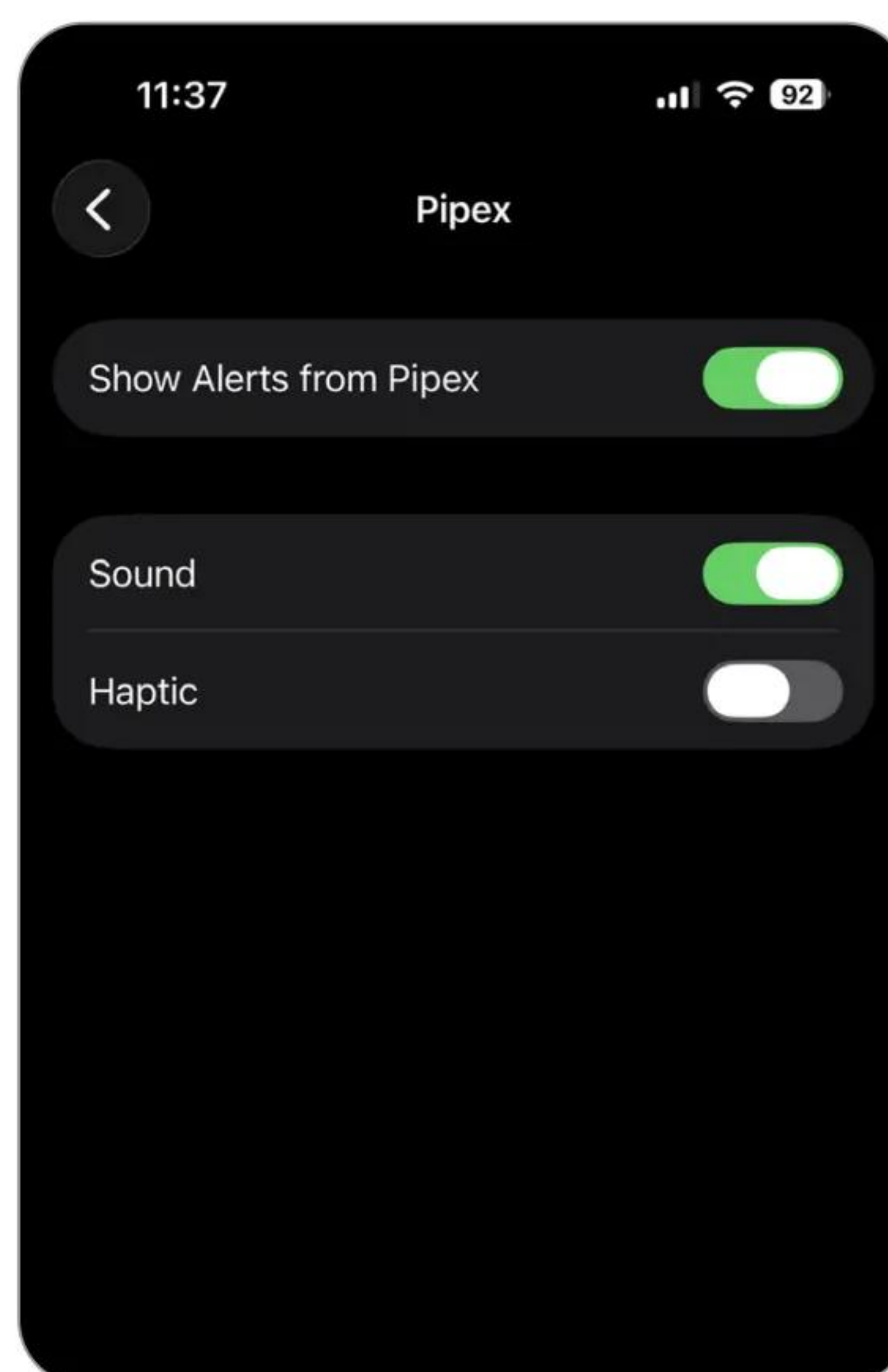


Configuring the Apple Watch Mail App

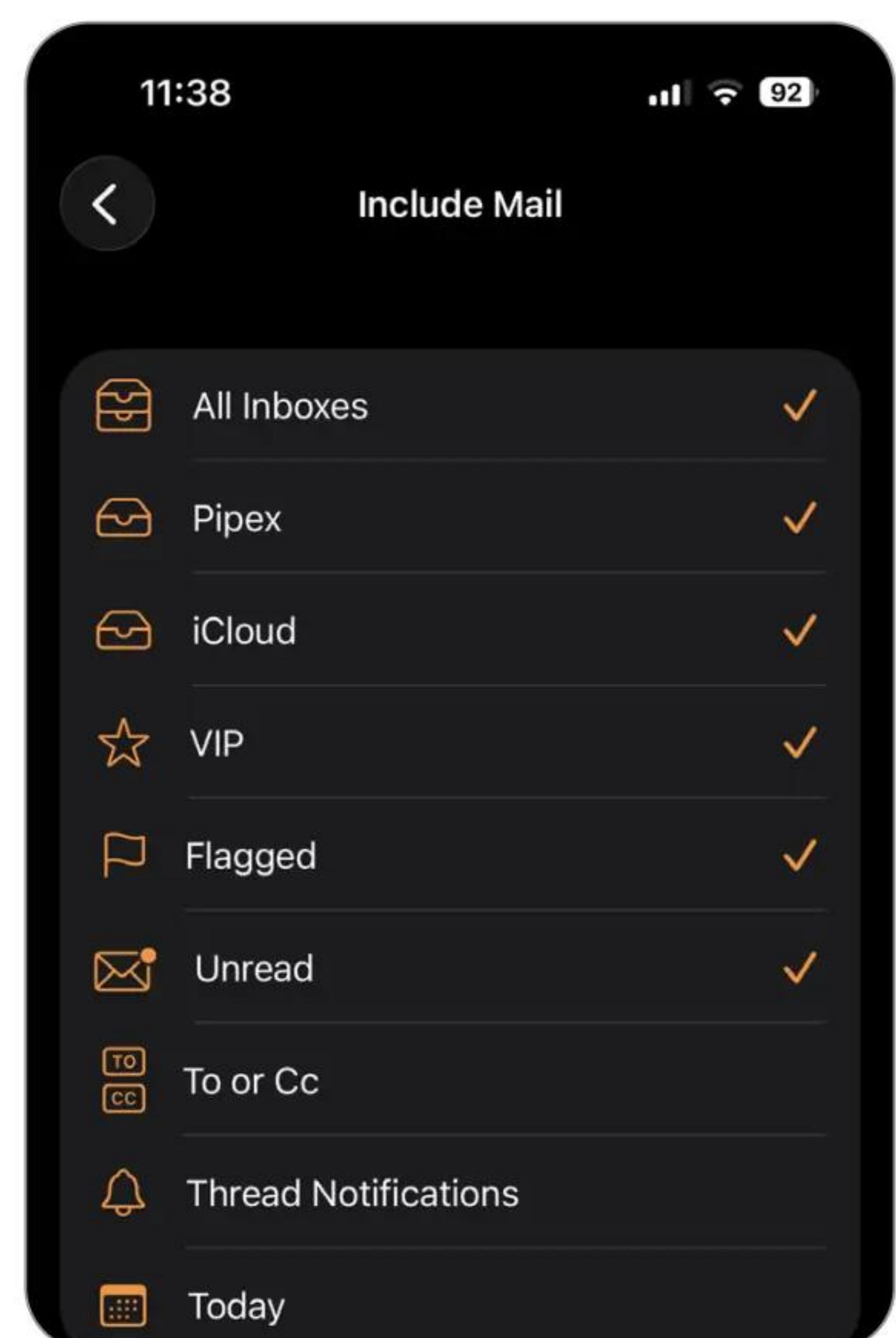
It's wise to spend time with your iPhone's Watch app to set up the Apple Watch's email service to work how you want it to. So open your iPhone's Watch app, tap My Watch then Mail and follow these tips.



1 Do you want to mirror the settings you've set up for your iPhone's Mail app or configure the watch app separately? If the latter, tap Custom and adjust the settings to suit your needs. They're fairly self explanatory and you can change them again later if you wish.



2 You can set your alerts on a mailbox by mailbox basis and also for correspondents you've identified as VIPs. This is great if you have more than one mailbox set up on your iPhone and for example, you want alerts from your personal account but not work emails.

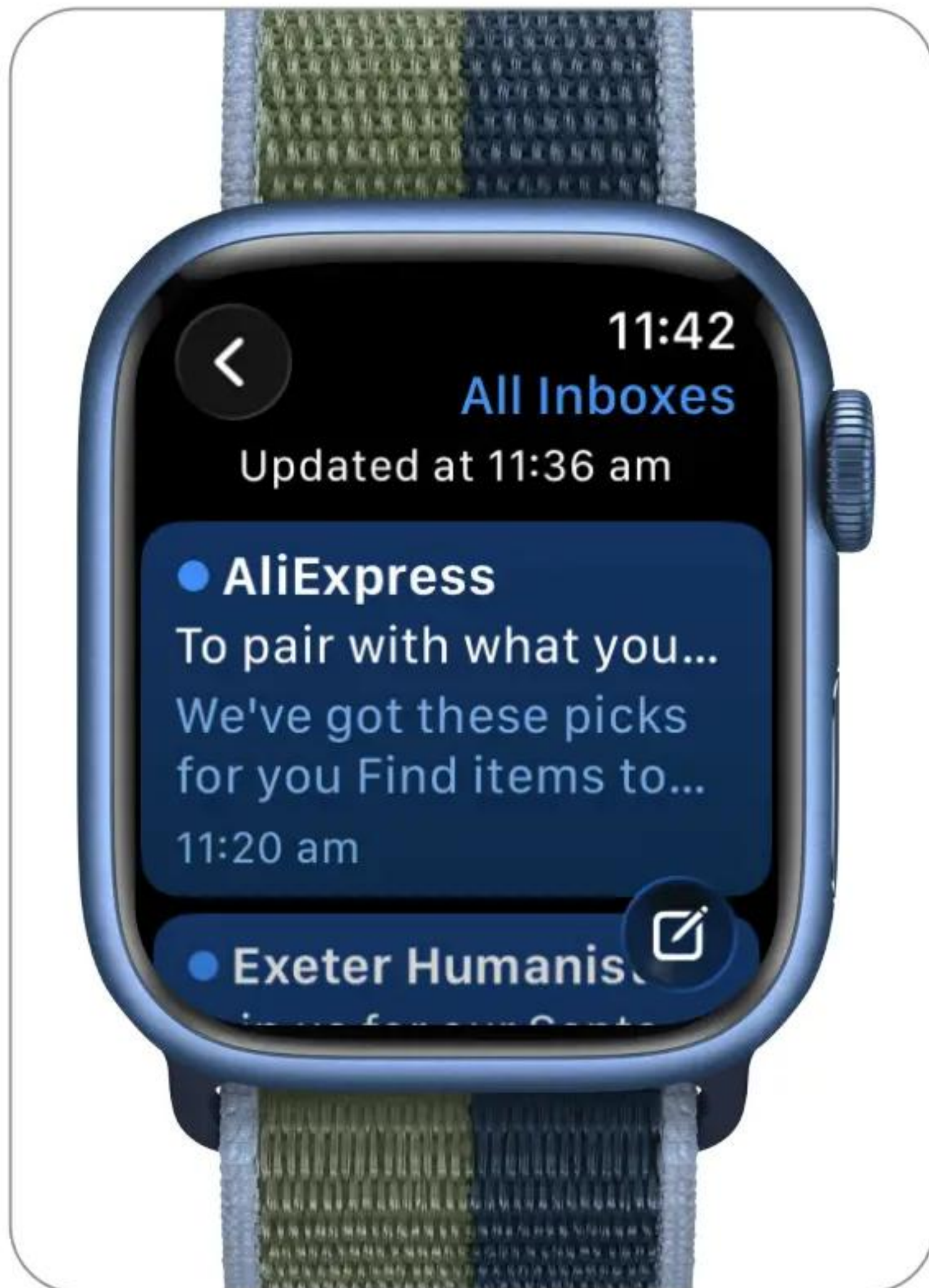


3 Under Mail Settings > Include Mail you can set which email inboxes are sent to your watch, how much of the message is previewed on the watch screen and more. To edit your default replies and signature, tap on one and type over it. Default replies are available when replying to emails.

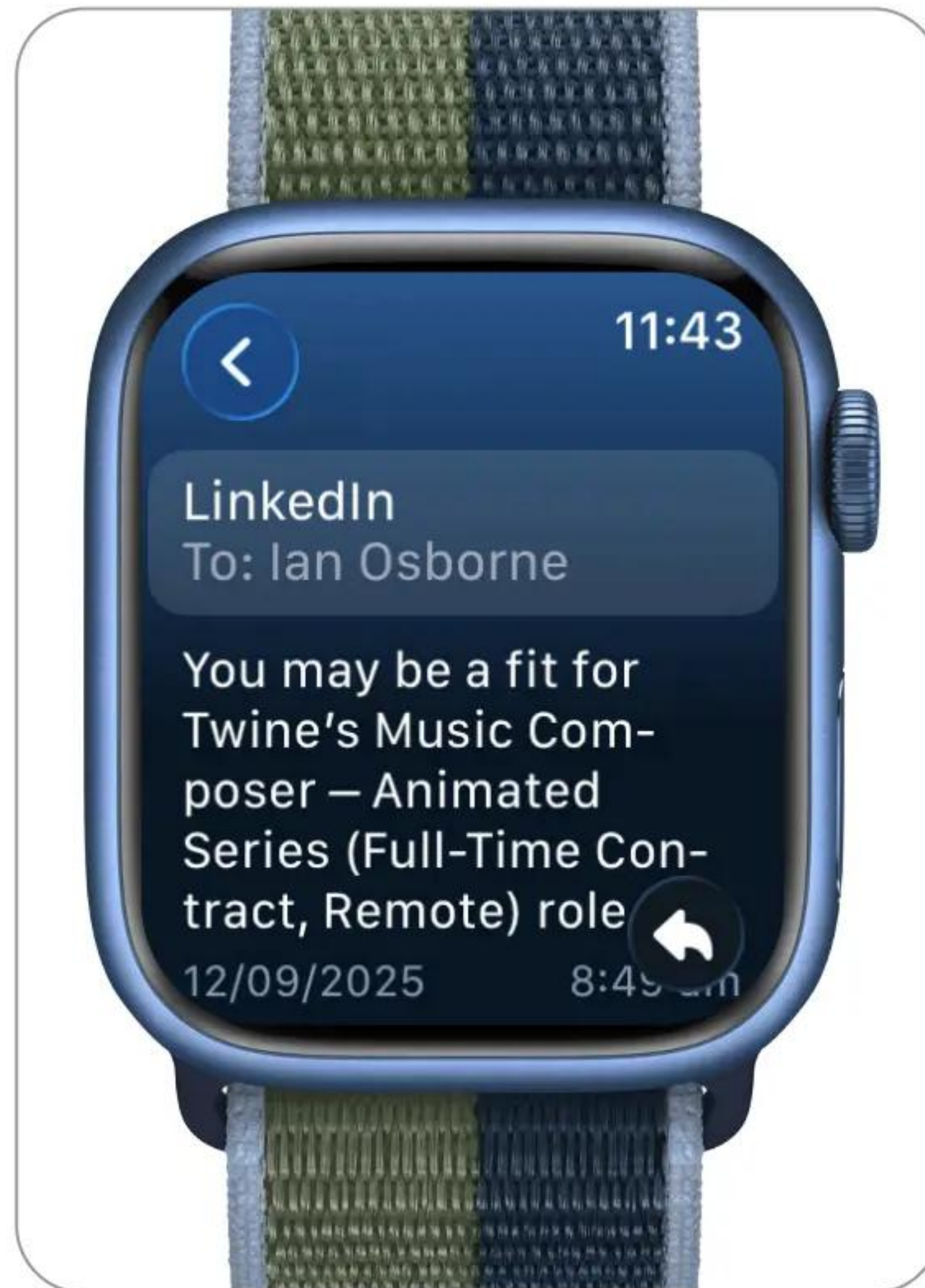


Using the Apple Watch's Mail App

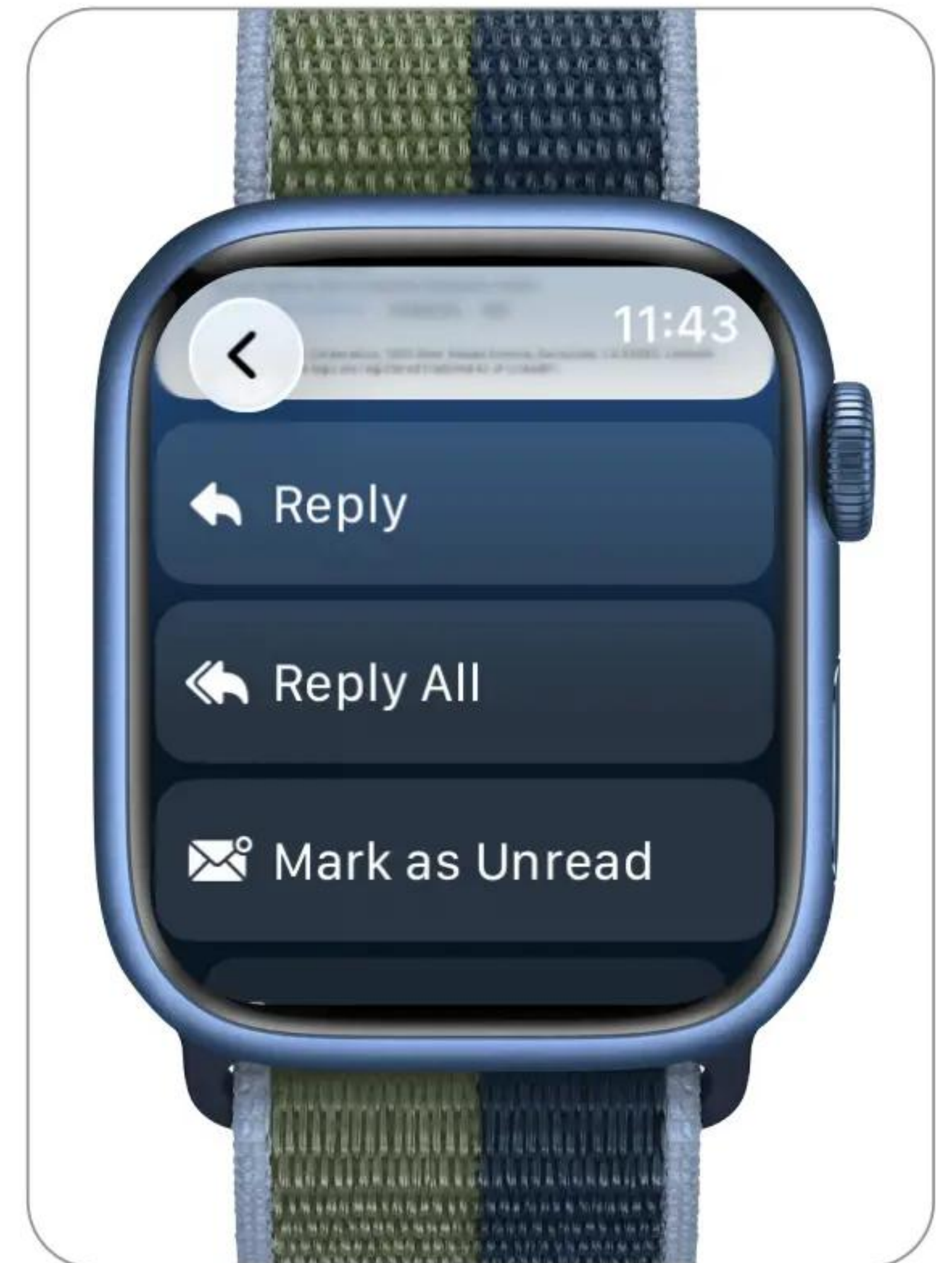
Now you've set it up, it's time to take a look at how to use the Mail application on your Apple Watch. You can even reply to incoming emails, right from your wrist. Here's how to get the most from the Apple Watch Mail app.



1 When you get an alert saying you've got an email, tap it to read. Alternatively open the Mail app and scroll through the list of emails with the Digital Crown; tap the one you want to open. A blue dot next to the title means you haven't opened it yet.



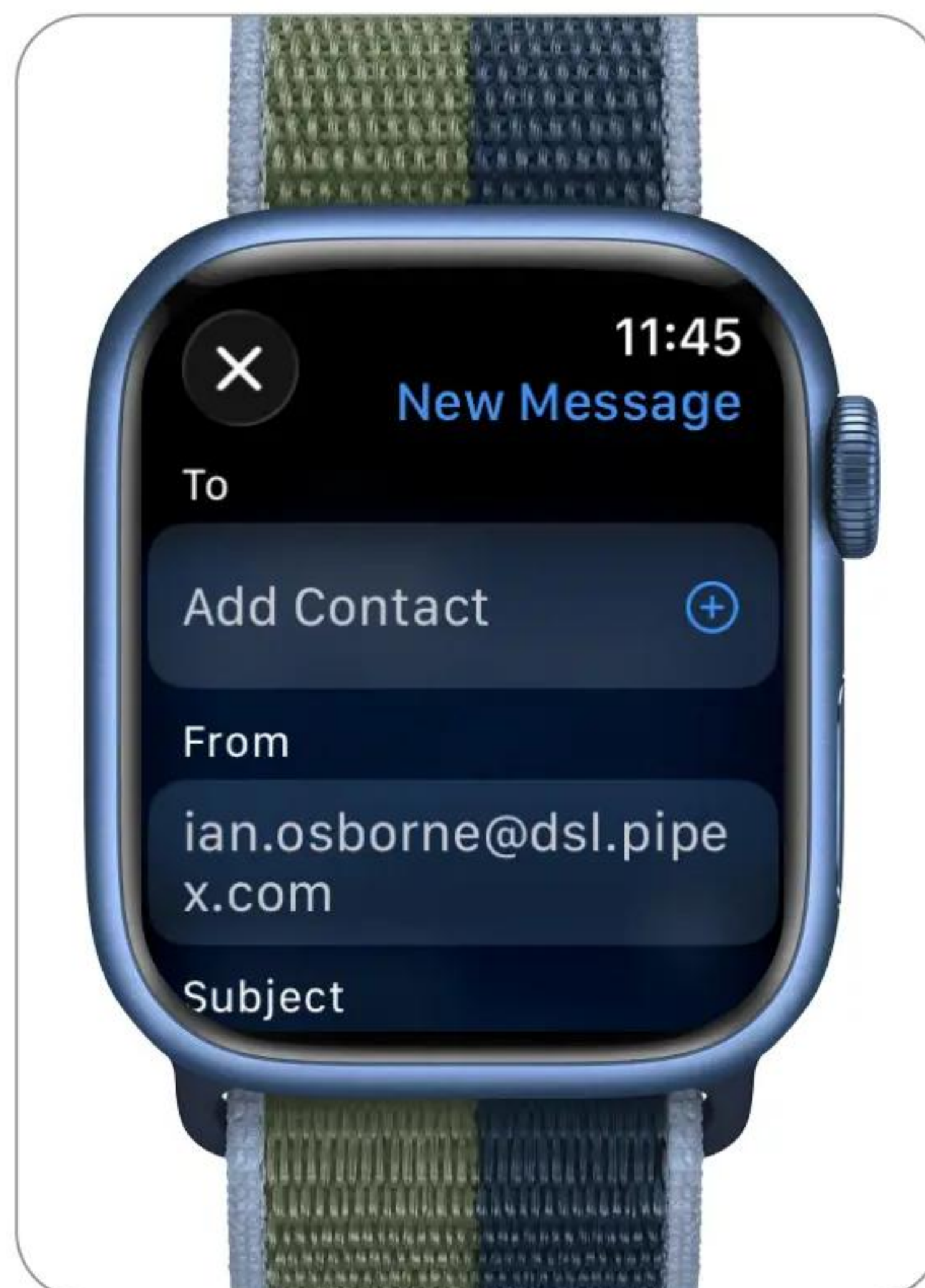
2 To read an email when you've opened it, scroll up and down with the Digital Crown, or by swiping up and down on the screen. To get back to the previous screen and choose another email to read, tap the chevron in the top-left corner of the Apple Watch screen.



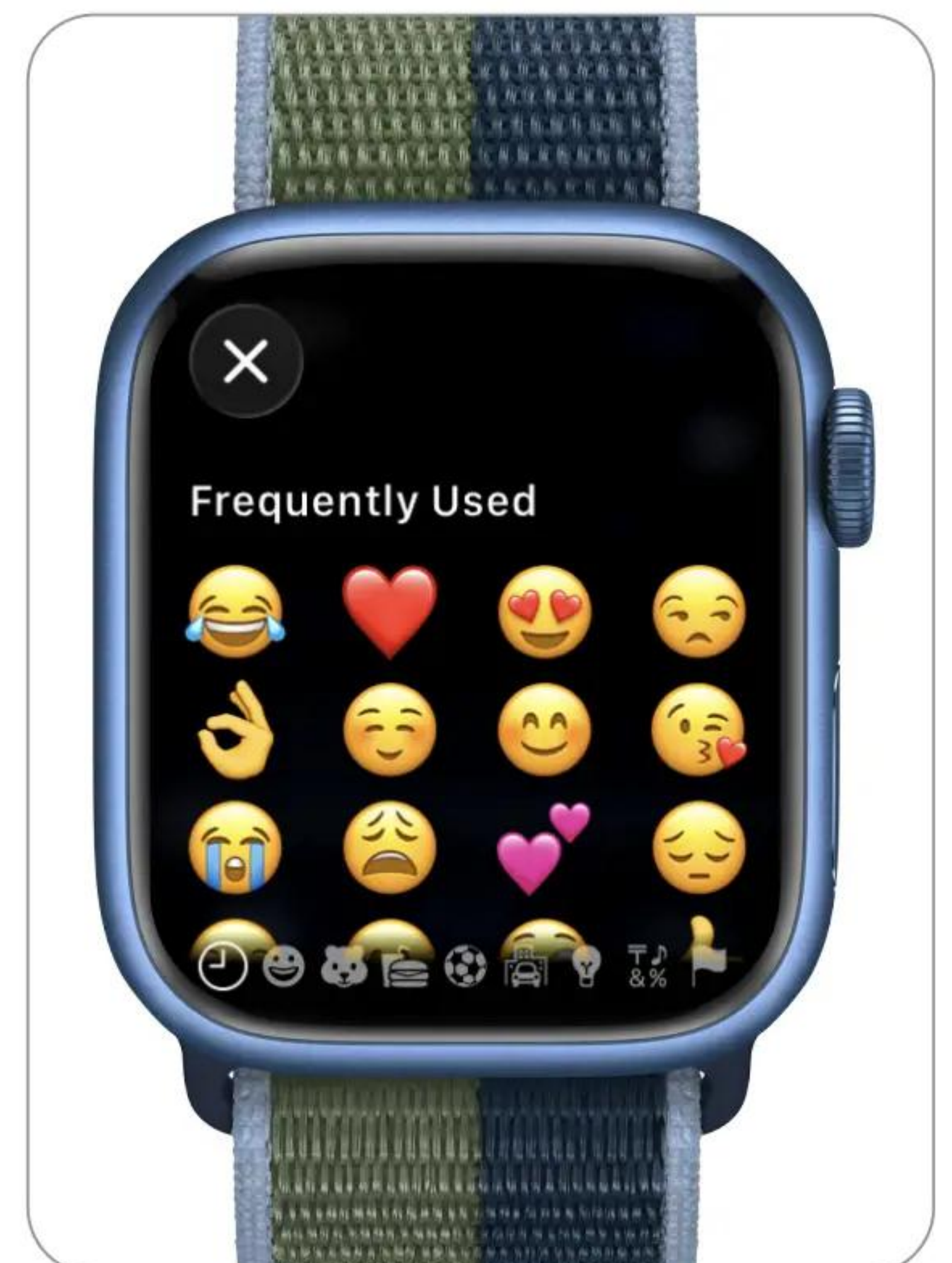
3 Scroll to the bottom of an open email to find these options. You can reply to the email, reply to the sender and all other recipients, mark it as unread so the blue dot is returned, flag it for later review or bin it by tapping Delete Message.



4 When replying to an email, you can select a default reply instead of typing one. After tapping the Reply button, instead of tapping on the text field, scroll down and tap one. You can add new default replies in the iPhone's Watch app, under Mail.



5 To send a new email directly from your watch, at the top of the main screen showing your emails, tap the New Message button (bottom right). Then you can add a recipient or recipients, enter a subject and the message, then send it in the usual way.



6 While typing an email message, if you want to add an emoji, tap the smiley icon in the bottom-left corner of the keyboard or Scribble screen. You can then choose an emoji from those on offer. Scroll up and down the big list using the Digital Crown.

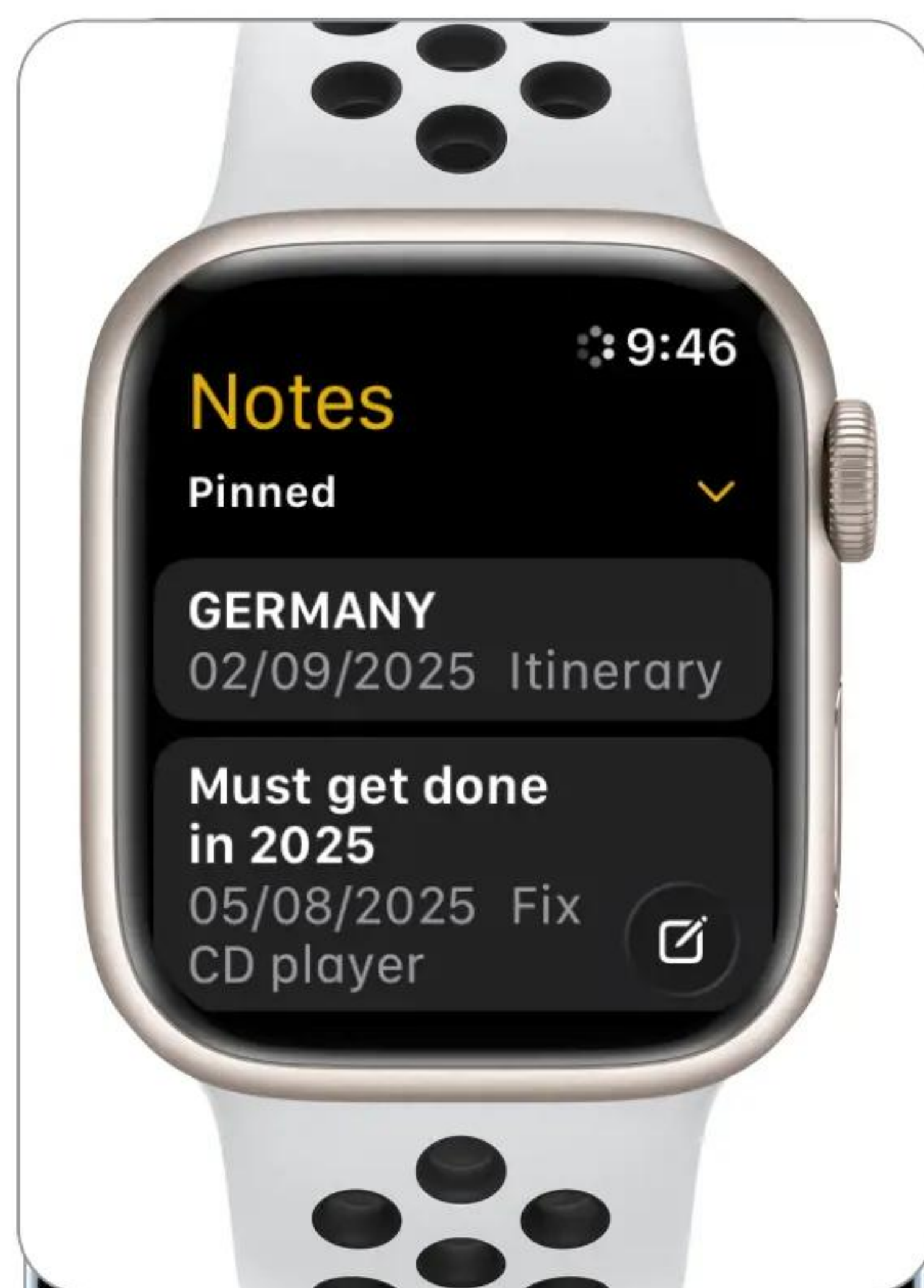
Using The Notes App

The Notes app comes to the Apple Watch with iOS 26. Given the small screen, it's most likely you'll use it for reference most of the time but it's capable of more. You can create new notes on your Apple Watch, and also edit notes that you've already created on your iPhone, iPad or Mac. It's a very handy new app, and you're sure to get more from it.

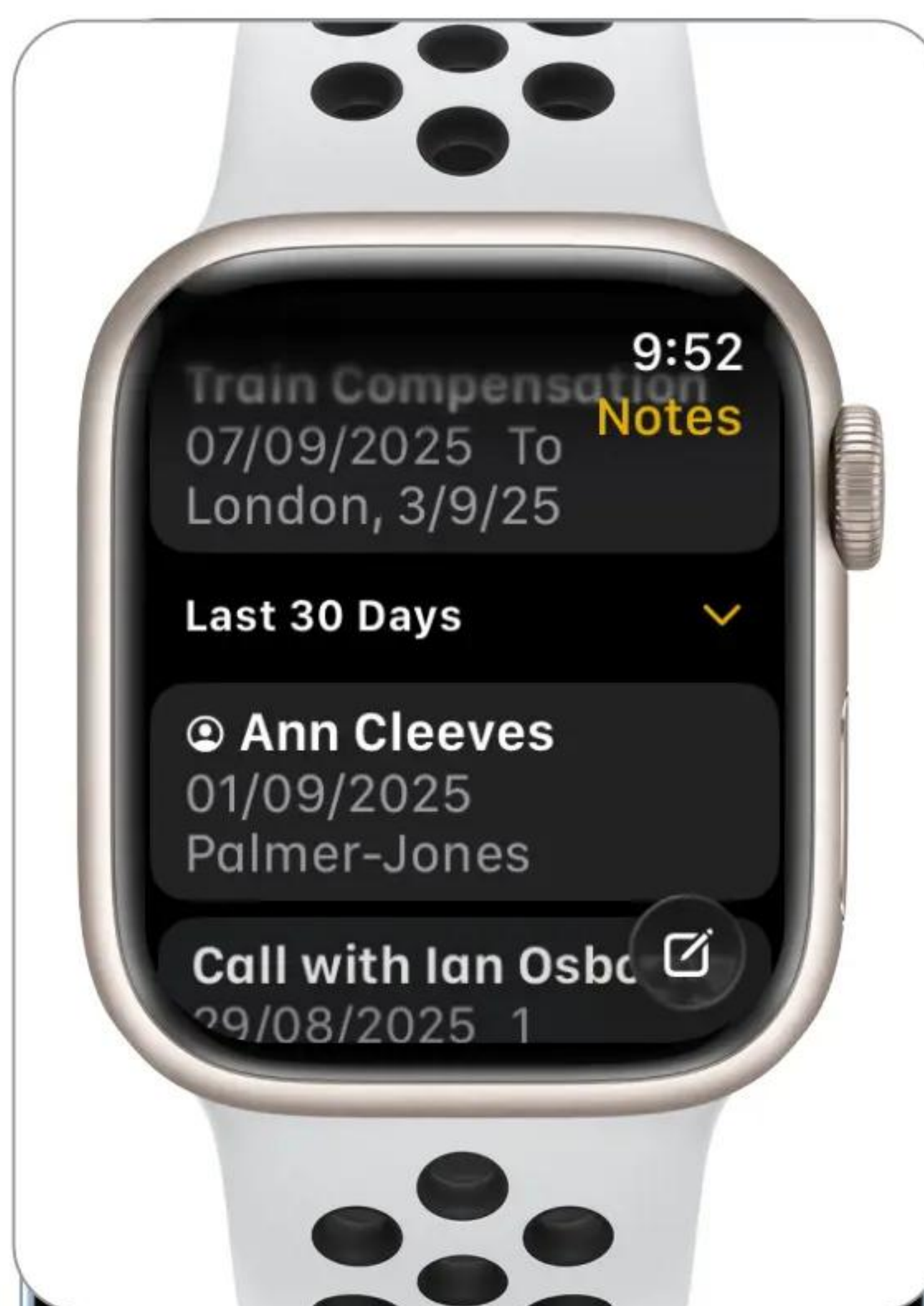


Get More From the Notes App

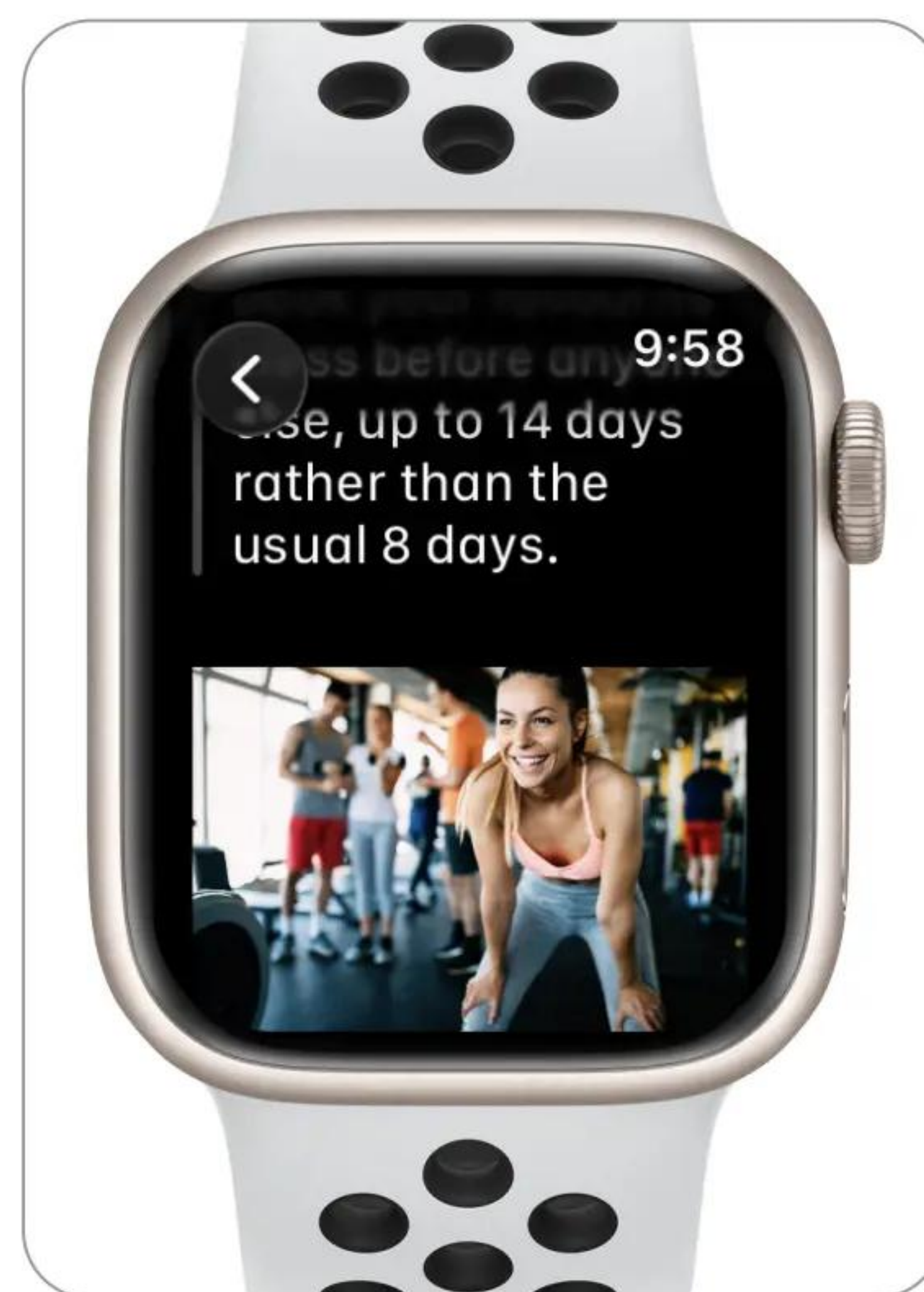
Although the Notes app on your Apple Watch seems a strange inclusion, due the limited screensize for the device, it's actually a brilliant inclusion that works independently of the iPhone on a number of levels.



1 Open the Notes app on your Apple Watch. The Notes app on your watch syncs with Notes on your Mac and iPhone, as long as they're signed into the same Apple account, so if you use the app on your other Apple gear your notes are there to read, directly from your wrist.



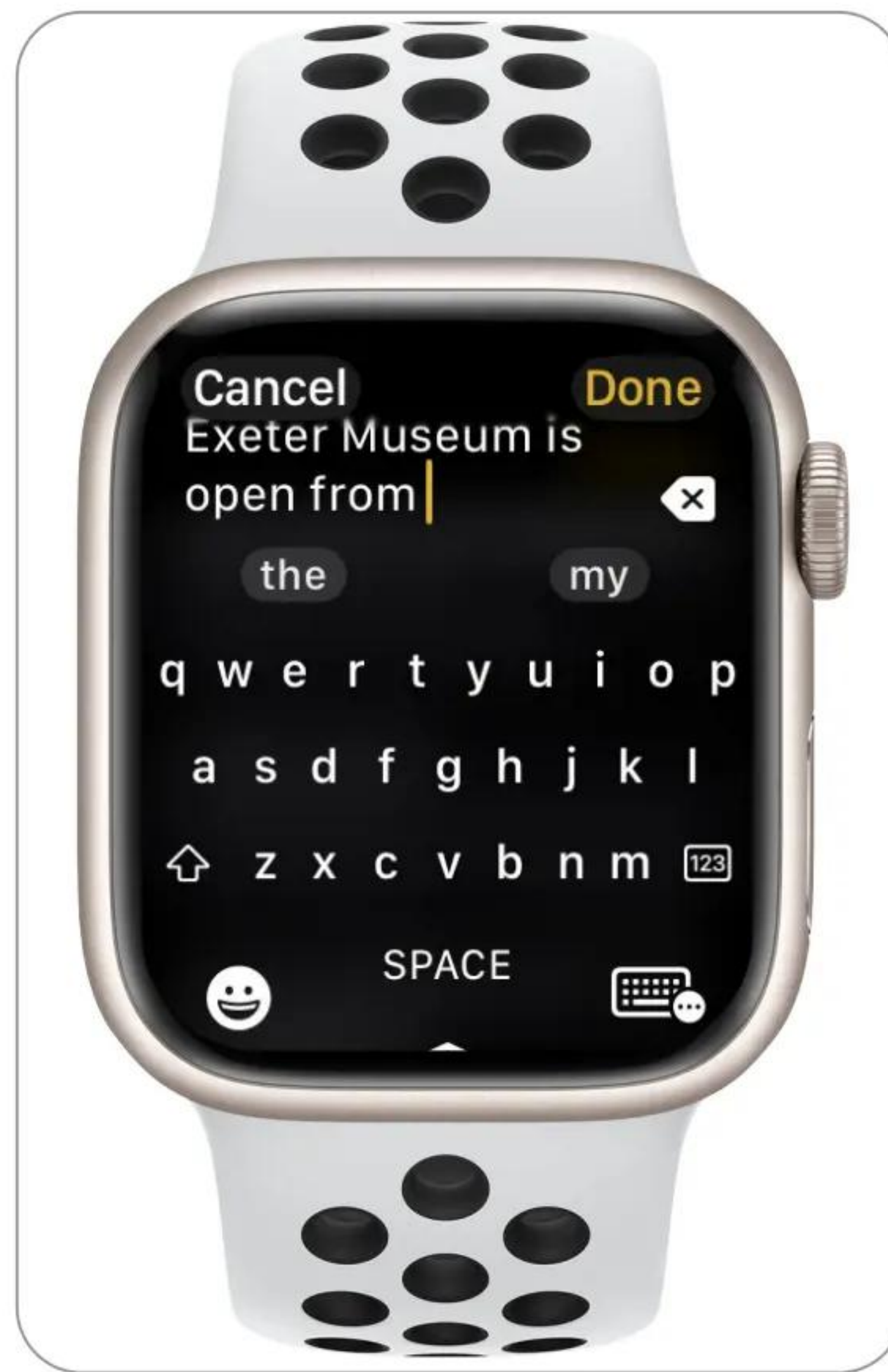
2 Use the Digital Crown to scroll through your list of notes. All the notes you've made on other devices are there, in the same categories you find on your Mac and iPhone. Pinned notes appear at the top of the list, with the rest of the notes in the order in which they were last edited.



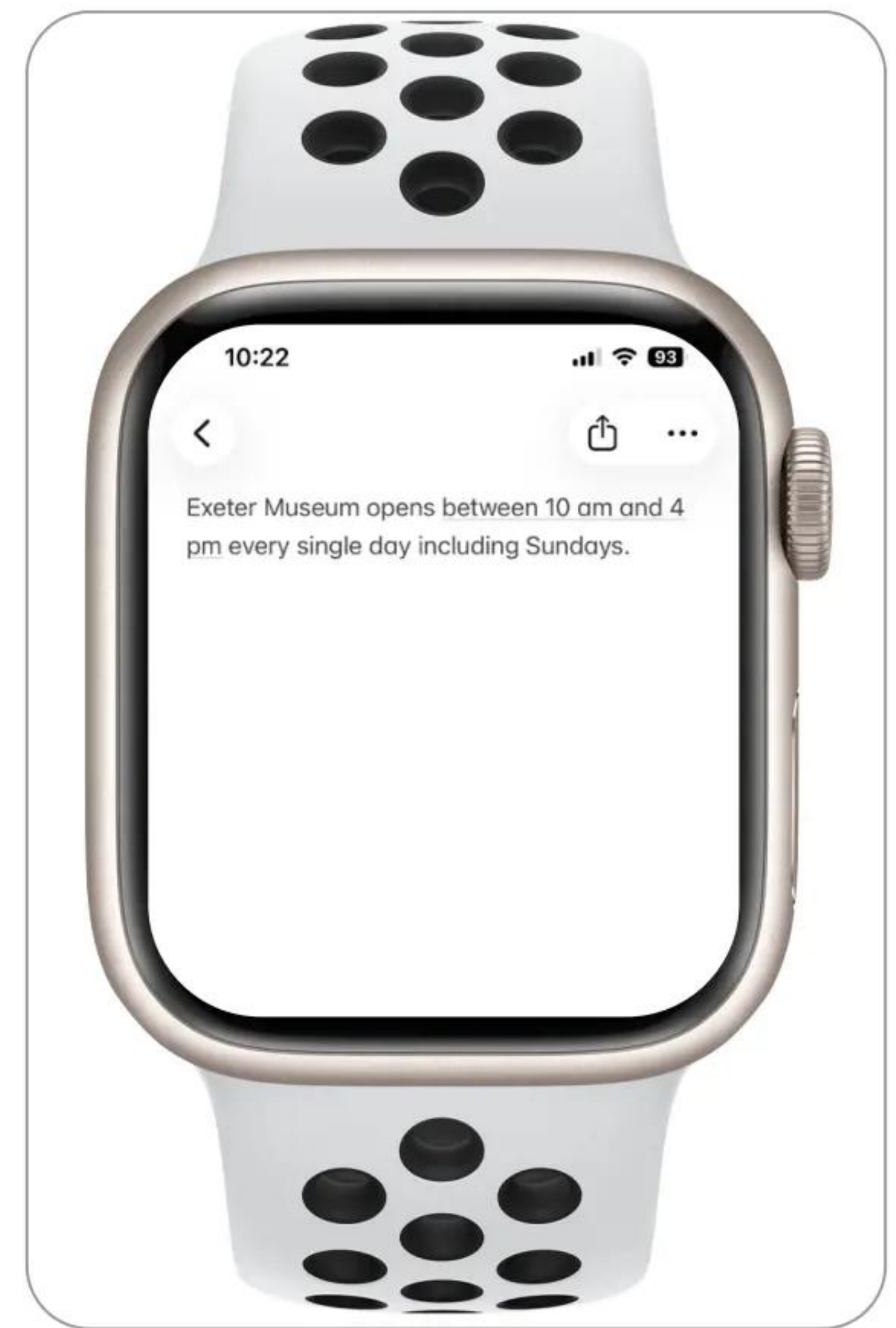
3 Tap a note to open it, and you can read it on your Apple Watch. Use the Digital Crown to scroll through it, or swipe it up and down with one finger on the screen. Attachments, highlights and other note features are preserved. To go back to the list, tap the chevron in the top-left corner.



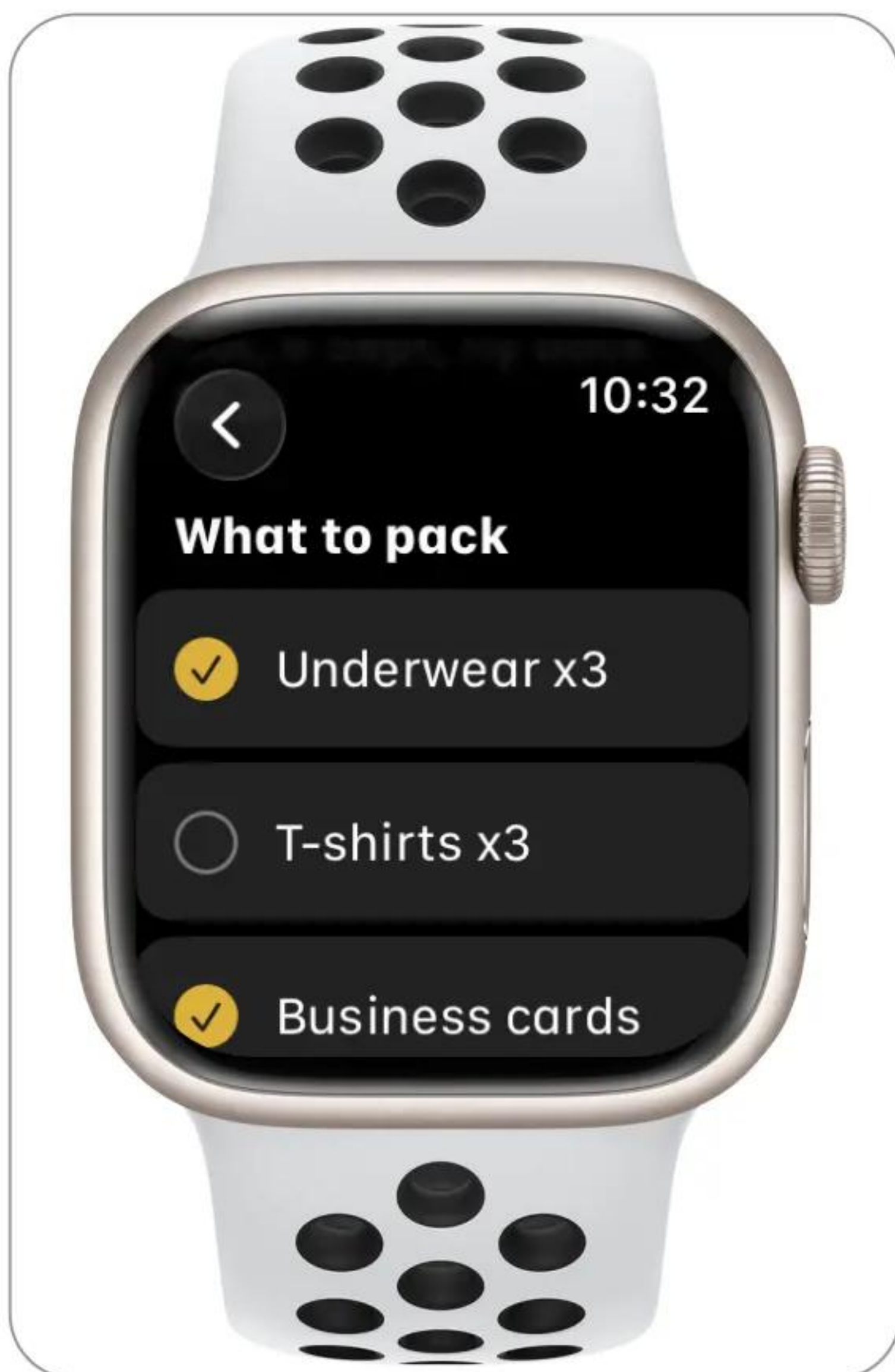
4 To start a new note, on the main Notes screen as shown here, tap the new note icon (bottom-right). A new screen opens, showing the virtual keyboard. You can type your note from here, or switch to another input method by tapping the keyboard icon.



5 Whichever input method you choose, enter your text and write your new note. You can add emoji by tapping the smiling face icon in the bottom left corner of the screen, or switch to a different keyboard or language by swiping up the chevron at the bottom.



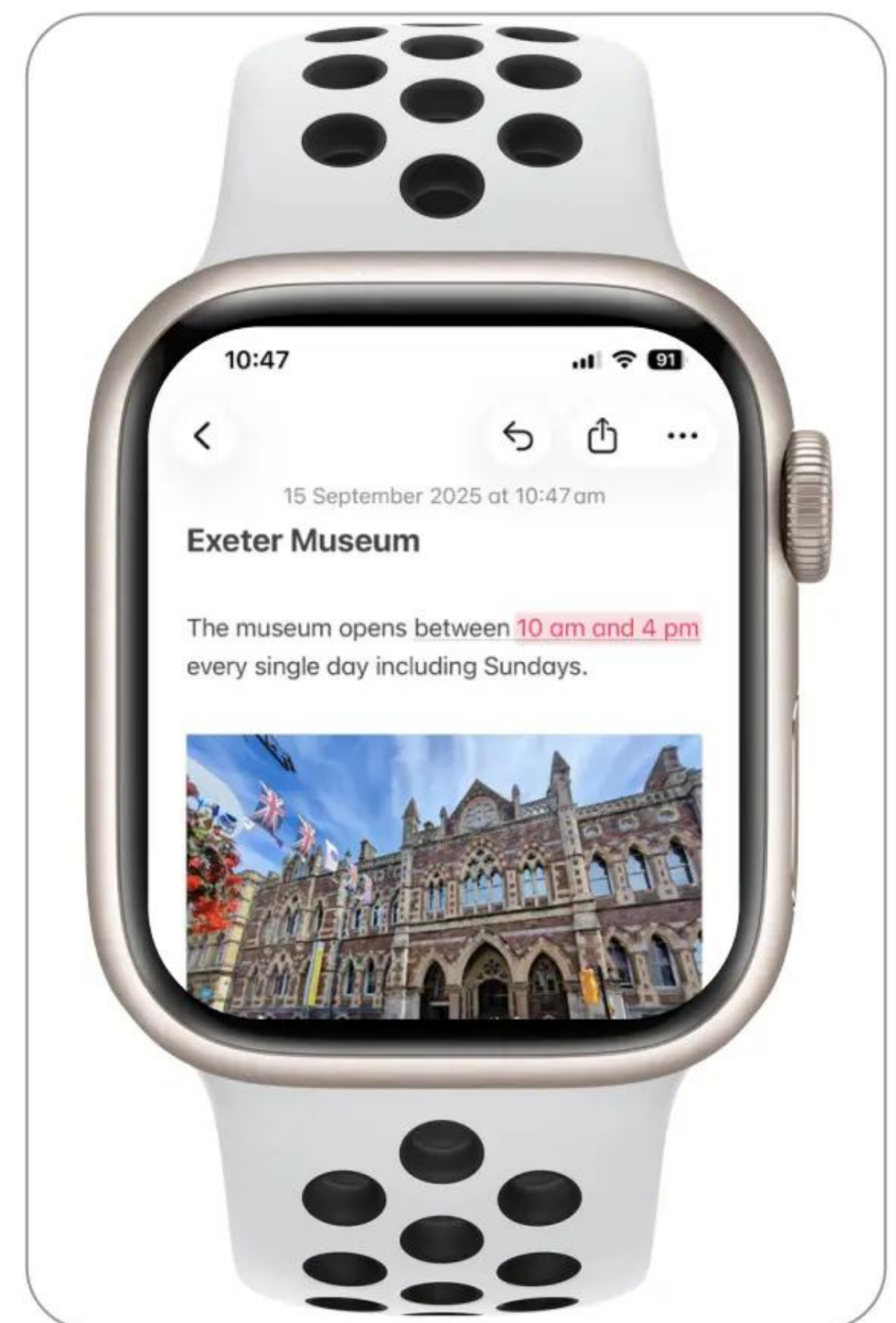
6 When you've finished, tap Done and your note is saved, and synced with your other Apple devices. Take a tip; creating a note is much easier using the microphone. Tap the keyboard icon in the bottom-right, and then tap the microphone and speak your note.



7 There's a limit to how much you can edit a note on your Apple Watch screen. If you've made a checklist on a note on one of your other Apple devices, you can tick and untick the entries just by tapping the circle next to them, just like you do on your iPhone.



8 A URL offered in a note can be accessed by tapping it, just like you do on your iPhone. Do so and the website in question opens up on your Apple Watch; tap links to open a new page, and scroll using the Digital Crown or swiping up and down with one finger.



9 If you want to make deep edits to a note, use your iPhone. When you've made your edits and closed the note, the changes you made are synced with your Apple Watch. Headlines, highlights and attachments can then be reviewed from your wrist on your watch.



Enjoying Your Music

You can use Music on Apple Watch to control the Music app on your iPhone, picking a track or album to play, skipping and pausing your sounds, changing the volume and more. Just the thing if you have your iPhone in a speaker dock. You can also sync tracks to your Apple Watch, so you can listen to your music without having your iPhone nearby.



Using the Music App

Music is one of the best apps on the Apple Watch. Why get up and change tracks on your iPhone when you can do it directly from your watch, right there on your wrist? Here's how to take advantage of the Music app's features.



1 Open the Music app on your Apple Watch, and scroll to the top of the screen. If you want to listen to music that's on your iPhone, tap Library button and navigate to what you want. The music will play on your phone, or on a Bluetooth audio device connected to your phone, such as a speaker set or a pair of earbuds.



2 Library > Downloaded lets you play music directly from your Apple Watch. This is music that's been synced or transferred to your watch. You can listen to this music through Bluetooth devices paired with the watch itself, without your phone. The Listen Now option lets you explore Apple Music, if you have a subscription.



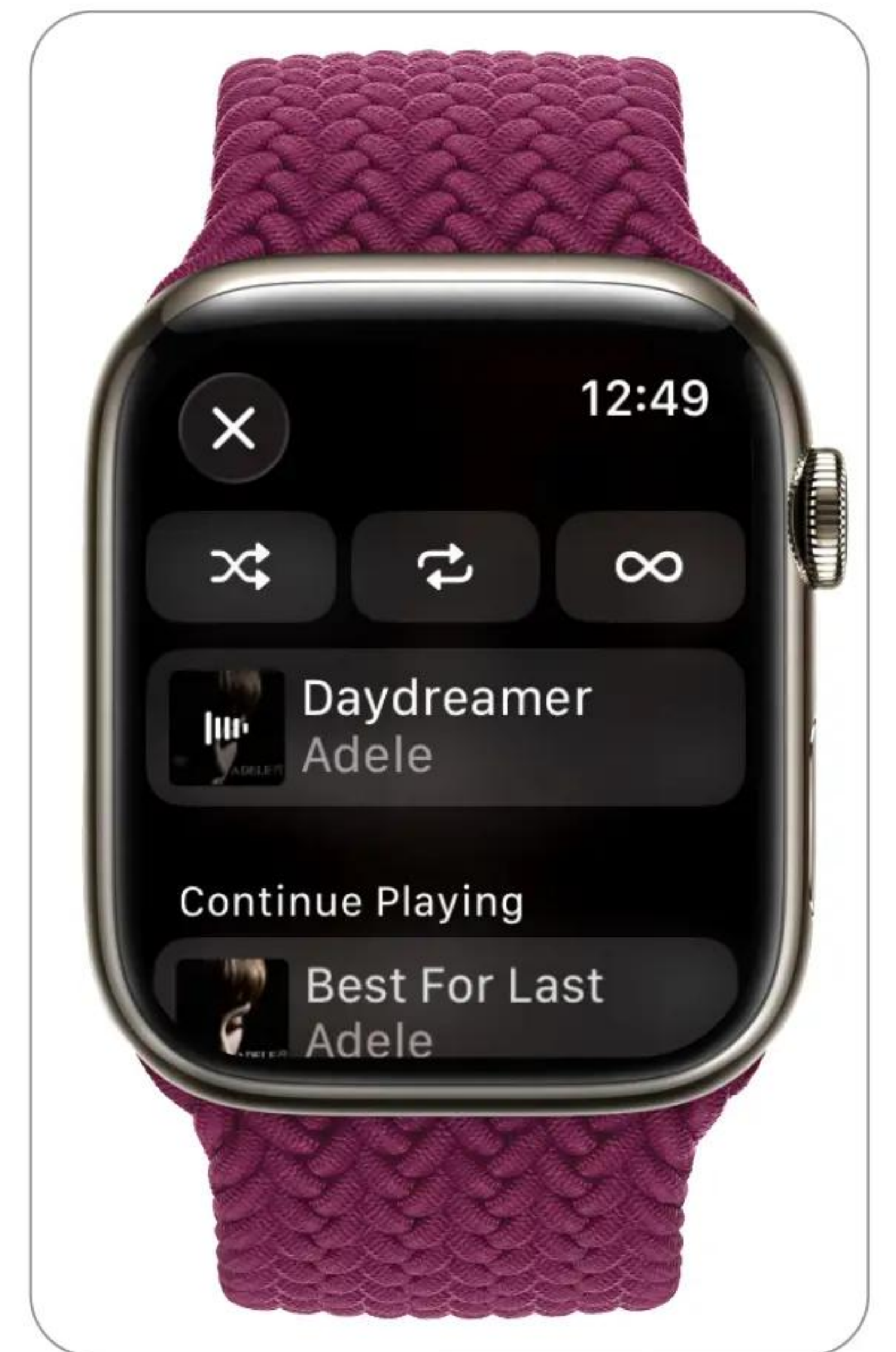
3 In the Library section, scroll up with the Digital Crown or swipe up with your finger for cover art for albums and playlists contained on your Apple Watch. Tap one to listen to it. By default, music you've recently listened to on your iPhone is automatically synced with your watch, so there might be more here than you think.



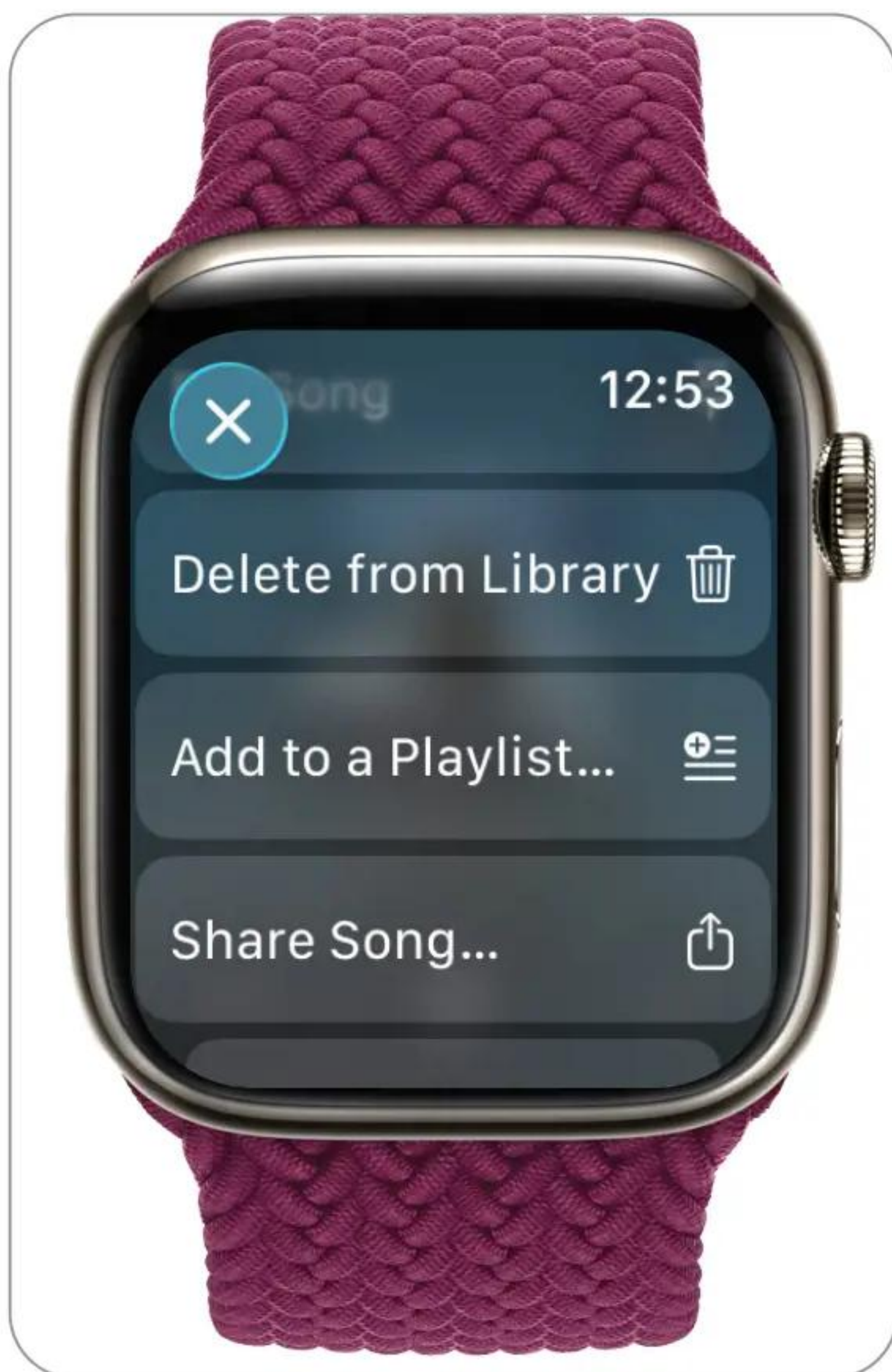
4 If you subscribe to the Apple Music streaming service, you also have the option of listening to online radio stations. Just tap the Radio button, and scroll through the options; which include Apple Music radio, recently played music and genre stations.



5 While playing music, whether on your iPhone or your Apple Watch, you get a set of controls on your watch screen. Use the Digital Crown to increase or decrease the volume. The large button in the bottom pauses and plays the current track.



6 Also in the Music controls, the buttons either side of Play/Pause are for skipping tracks. The three-dots icon takes you to a long options menu. If you tap Playing Next in this menu, you can see what's next in the current playlist, and choose to shuffle, repeat or just play.



7 Other options offered by tapping the three-dots icon include; Remove the song; Add to Playlist; Share Song; Love the song (mark as a favourite); Suggest Less; Go to Artist, which shows you their songs and more. Not every option appears for every song you have access to.

Listen with Siri



1 If you subscribe to the Apple Music subscription service, you can listen to songs using the Siri personal digital assistant, and you have over 75 million tracks to choose from. First of all, activate Siri by pressing and holding the Digital Crown or saying 'Siri' or 'Hey, Siri'.



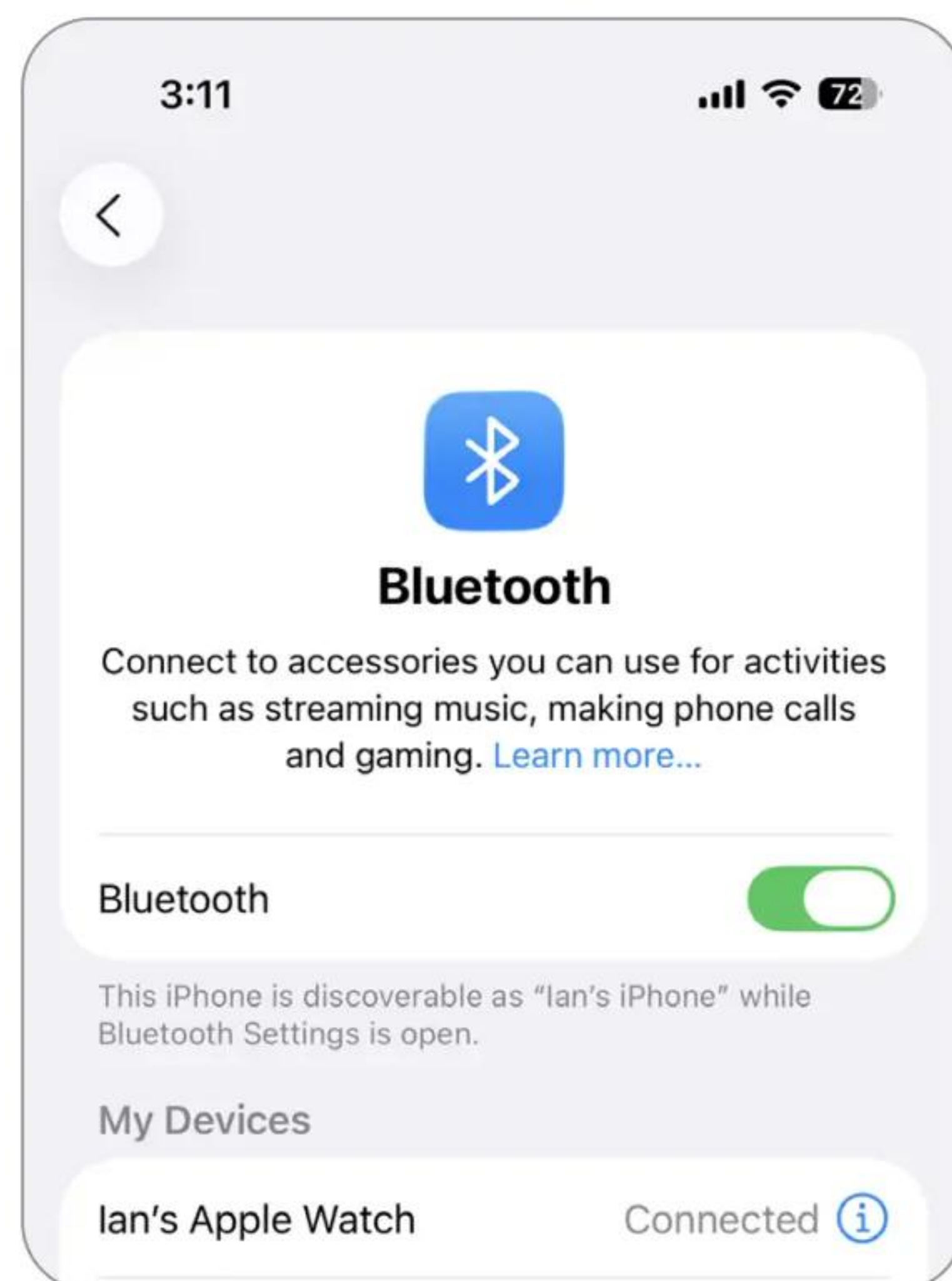
2 You can then ask for a track, album or band by name. If the music you requested is on the Apple Music streaming service, you get to listen to it on your watch. Obviously, your watch must be connected to the Internet for you to stream from Apple Music.



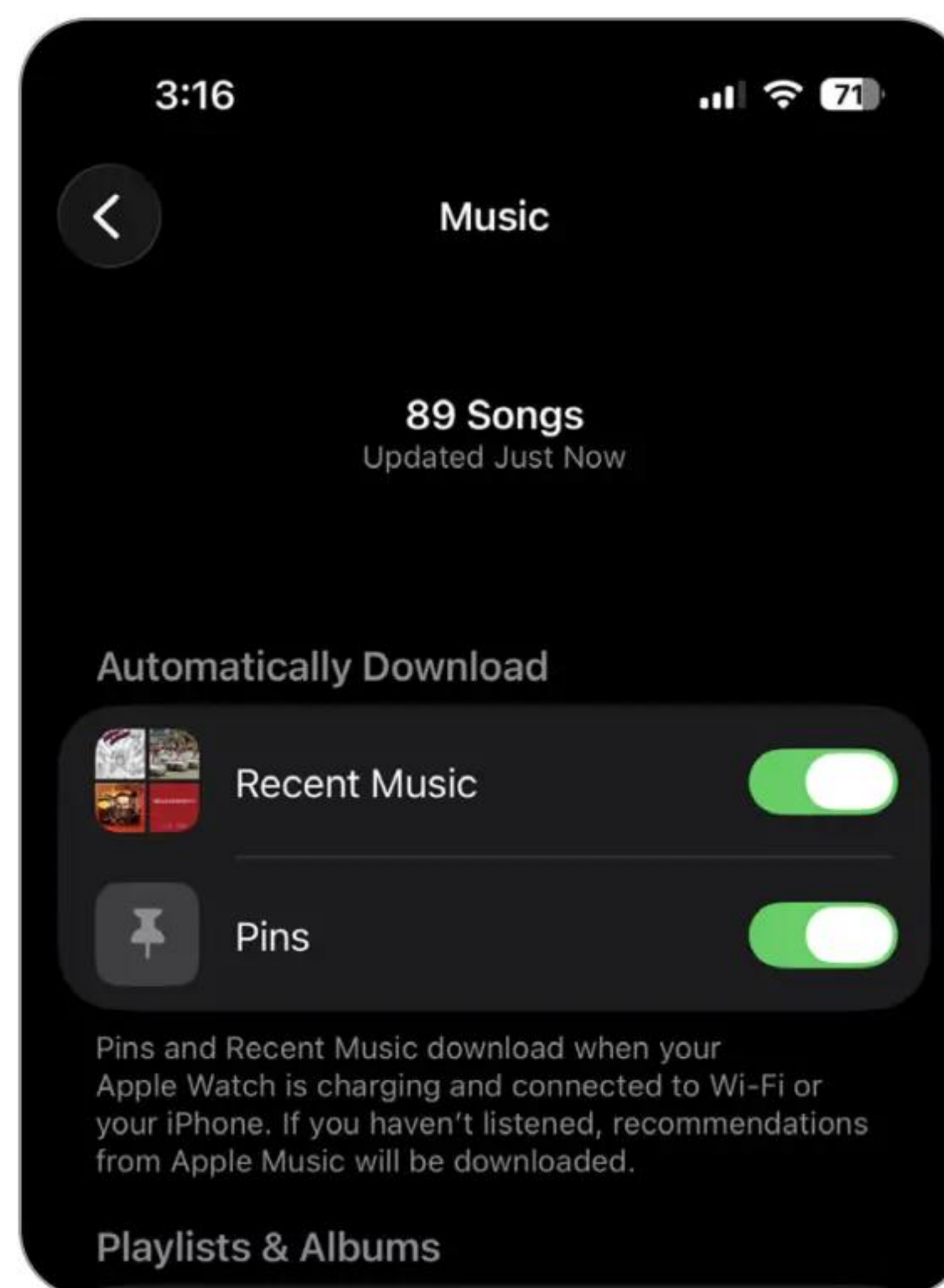
Adding and Removing Music on Apple Watch

As well as listening to iPhone music through your Apple Watch, you can also transfer songs directly to the watch and listen to it without an iPhone connection. Here's how to add and remove songs on your watch.

Adding Music to Your Watch



1 Make sure your Apple Watch is on its charger, and your iPhone is within range of, and connected to, the watch. Make sure your iPhone has Bluetooth on; go to Settings > Bluetooth to check.

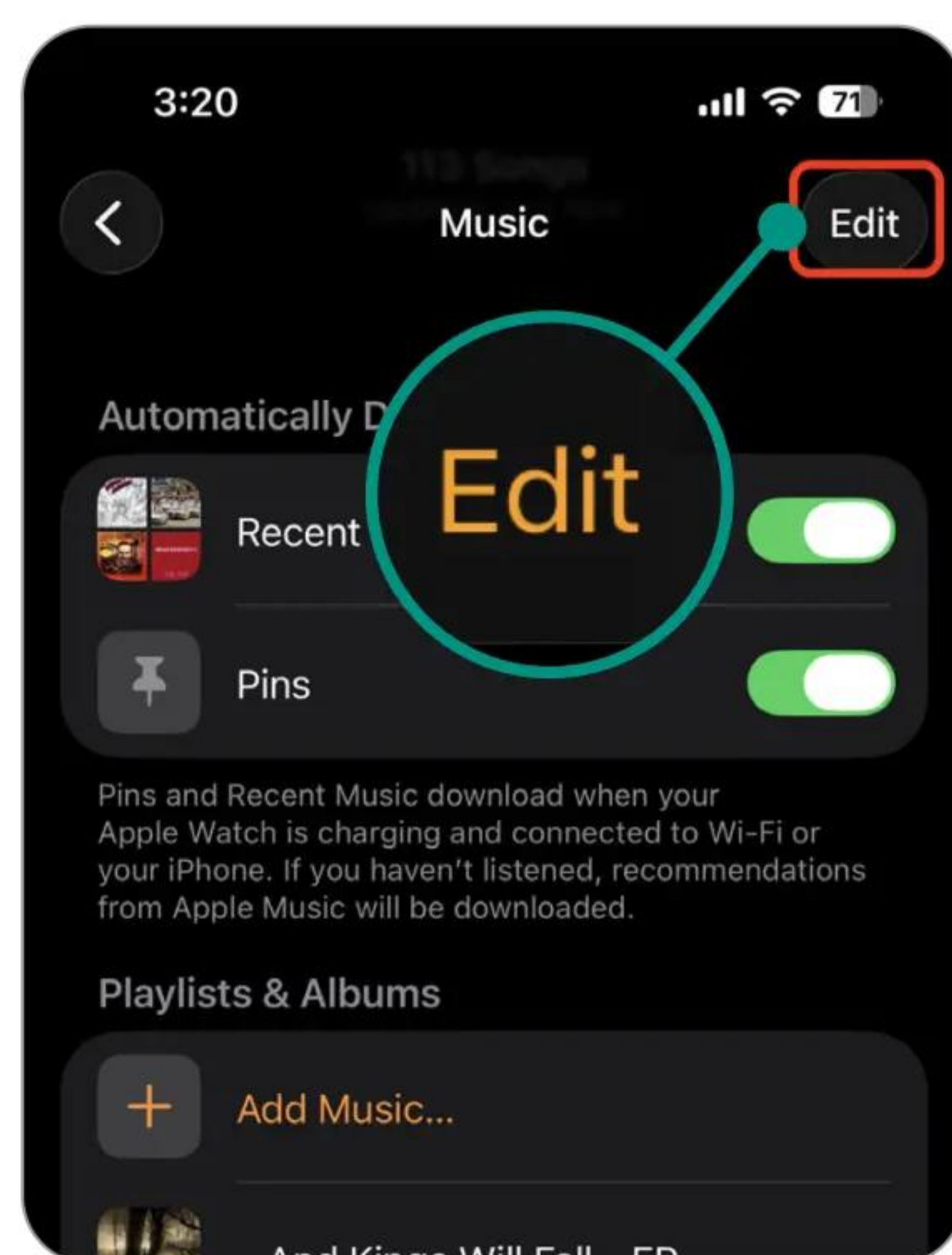


2 On your iPhone, open the Watch app, and select My Watch in the bottom-left corner of the screen. Look for the Music app in the apps list, and tap it to open the Music options.

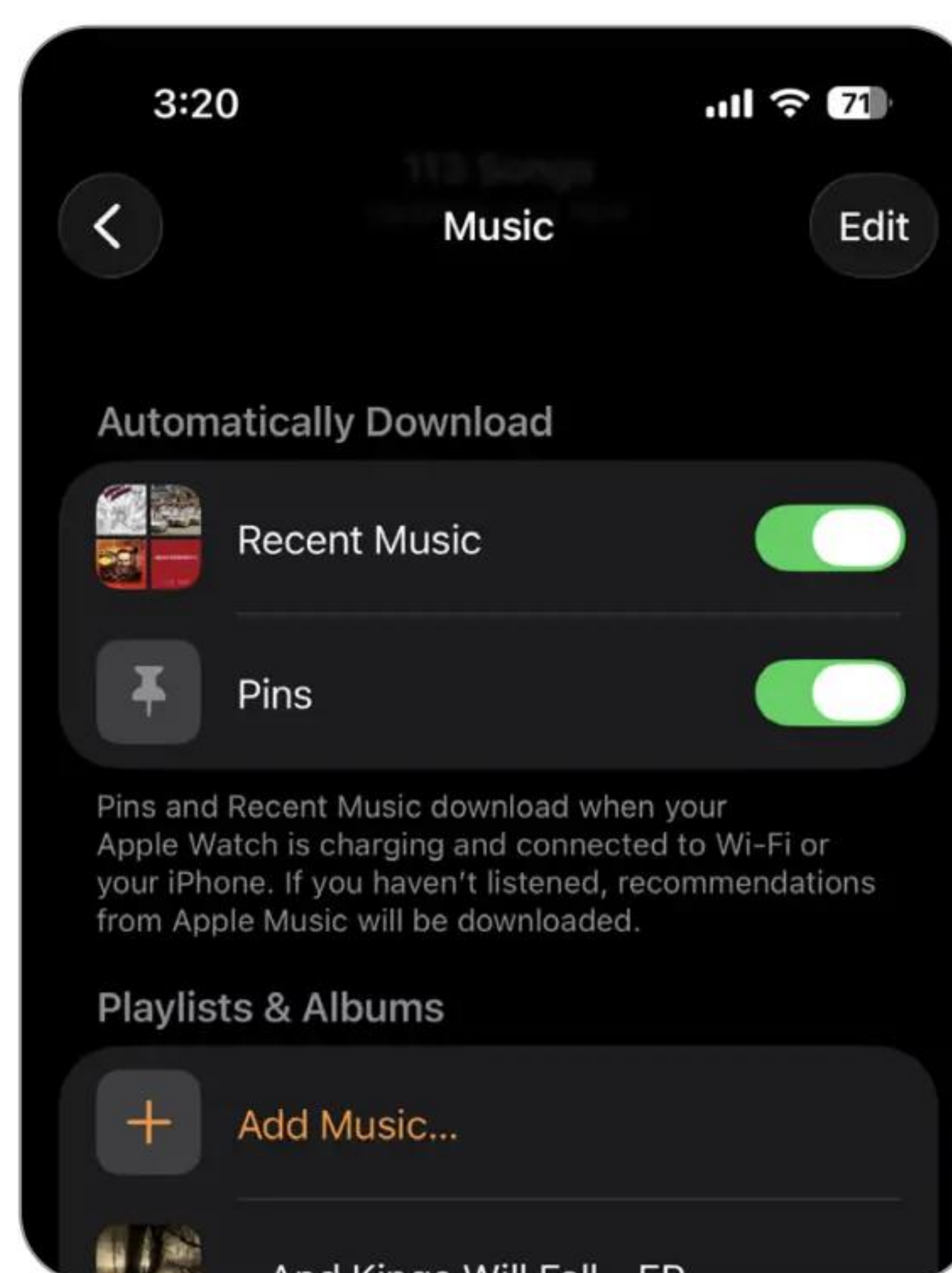


3 Tap the plus sign, next to 'Add Music'. Navigate to the music you wish to add to your watch, and tap the album cover. With the album open, tap plus in a circle at the top.

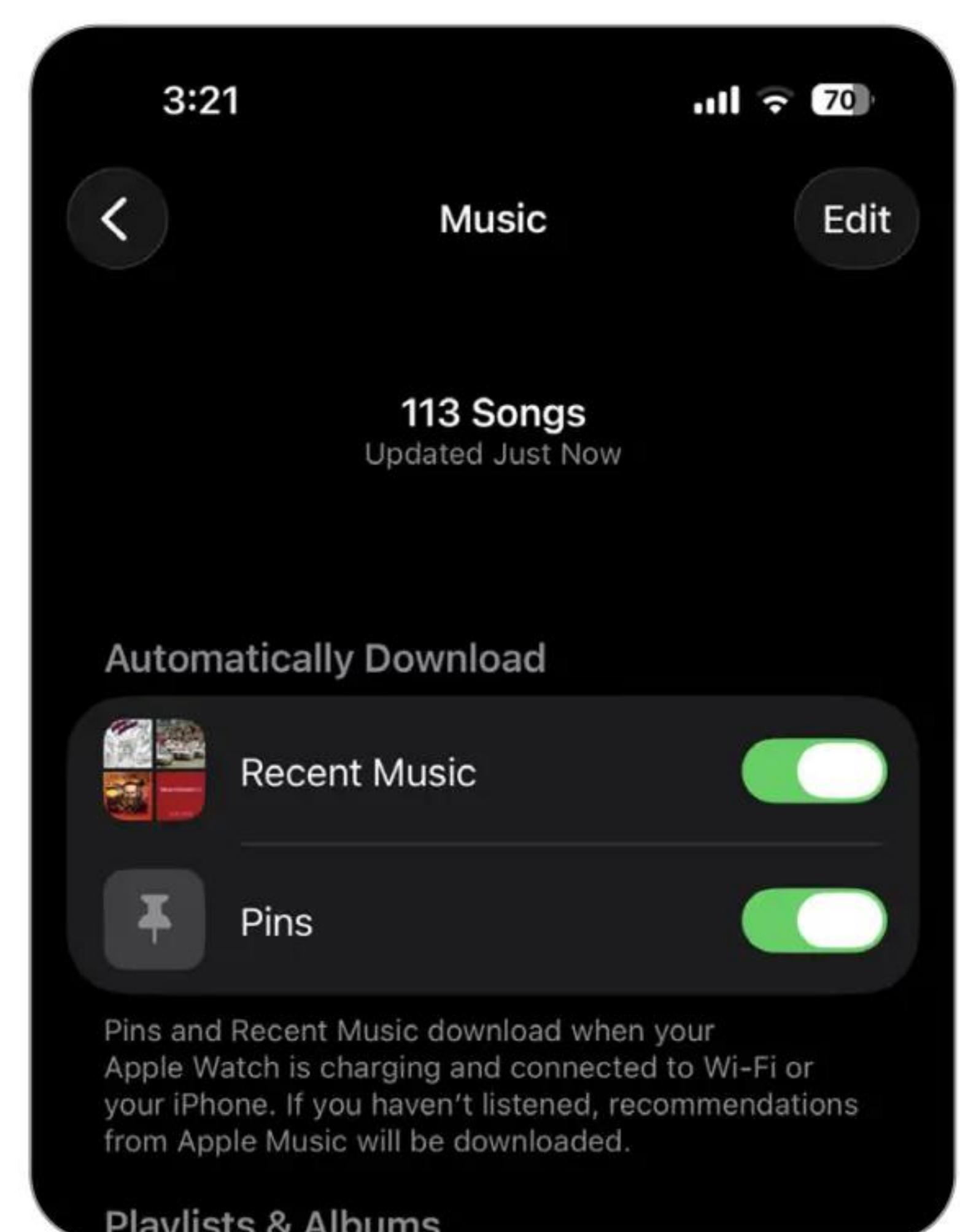
Removing Music from Your Watch



1 To remove music that you've installed on your Apple Watch, again open the Apple Watch app on your iPhone, and go to My Watch > Music. Look for the Edit link (top-right corner).



2 If the Edit link isn't there, you don't have any music on your Apple Watch. After tapping Edit, a minus sign appears next to your albums. Tap one to remove it from your watch.



3 At the top of the Music screen is an on-off switch labelled 'Recent Music'. If you switch this on, songs you've recently played on your iPhone are automatically added to your watch.



The Watch Compass App

The Apple Watch has a useful Compass app, but only if you have an Apple Watch Series 5 and later, or Apple Watch SE. It works with or without a Wi-Fi or cellular connection, but if your watch band has magnets in it, like the Milanese Loop or Leather Link, it might interfere with the compass. It's been revamped for watchOS 26 too.



What's Where in the Compass App



Tap for information such as your direction, incline, elevation, latitude/longitude, waypoints and more.

The compass can use true north or magnetic north. Choose between them in the Settings app, under Compass.

This is a pin or waypoint dropped earlier. Tap it for details.

While turning the Digital Crown, you're shown the distance between your current position in the centre, and the edge of the waypoint map.

Rotate the Digital Crown to zoom into and out of the waypoint position guide inside the compass ring.

Tap here to drop a waypoint indicator on your current location. You can choose an icon and a colour. Scroll up further for its location on a map. If you lose cellular connection, the last place you had reception and the last place from where you can make an emergency call are automatically waypointed.

Elevation. Tap it for a different compass view that shows the height of your position and waypoints as well as their position on a 2D map.

If you get lost, tap this icon to backtrack to your last placed waypoint.

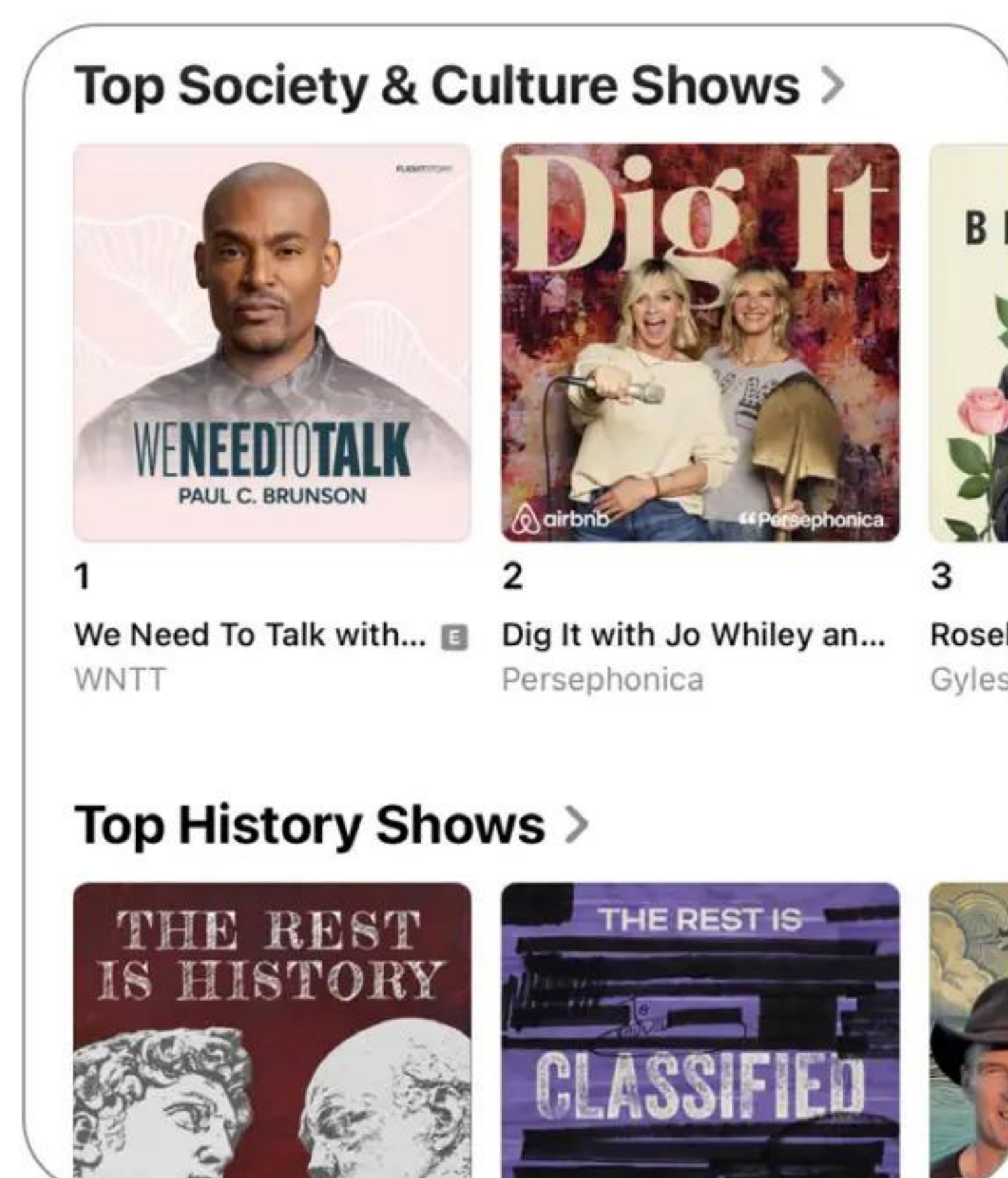


Podcasts and Audiobooks

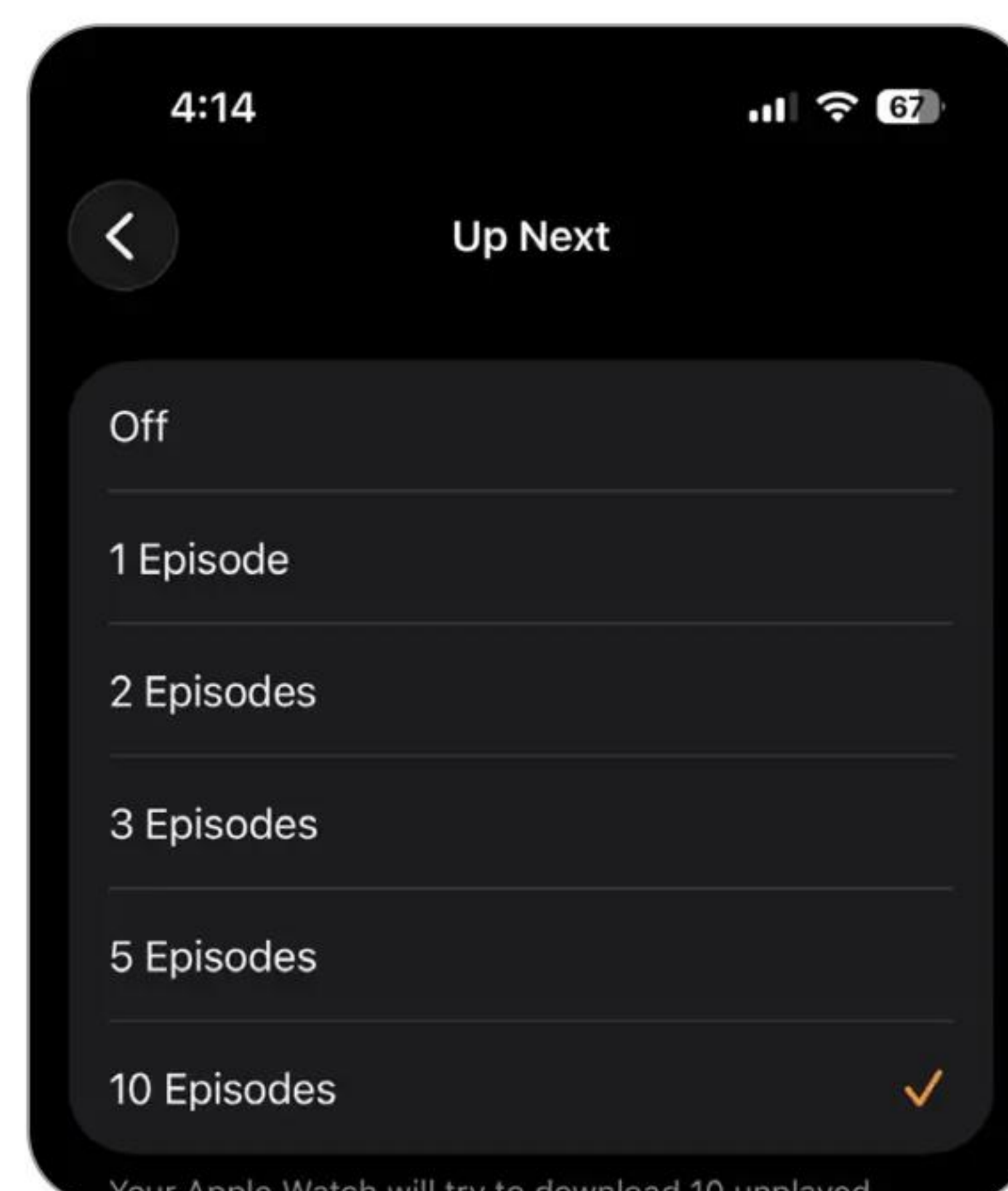
Audio entertainment on your Apple Watch isn't just about the Music app. You can also enjoy your Audiobooks and Podcasts right from your wrist, using earbuds or headphones you've connected to your watch using Bluetooth; without having your iPhone nearby. Ideal if you want to catch up without depleting your iPhone's battery.

Listening to Podcasts

Podcasts are audio shows you can download and listen to on your Apple gear. Subscribe to your favourite podcasts and enjoy them on the move using your Apple Watch and earbuds. It's perfect for catching up at the gym.



1 If you don't already subscribe to any podcasts, open the Podcasts app on your iPhone, go to the Browse section and take a look for subjects that interest you. When you find one you like, subscribe to it by tapping the Follow icon found at the top.



2 When you subscribe to a podcast, it syncs to your Apple Watch while the watch is charging. Open the iPhone's Watch app, and go to My Watch > Podcasts. Tap Up Next, and you can choose how many – or none at all – new podcasts you store on your Apple watch.



3 In the Podcasts app on your Apple Watch, scroll through the podcasts you have on your watch using the Digital Crown, or by swiping the screen up and down. Tap the three-dots icon for options to go to the show's page, or to mark the episode as played.

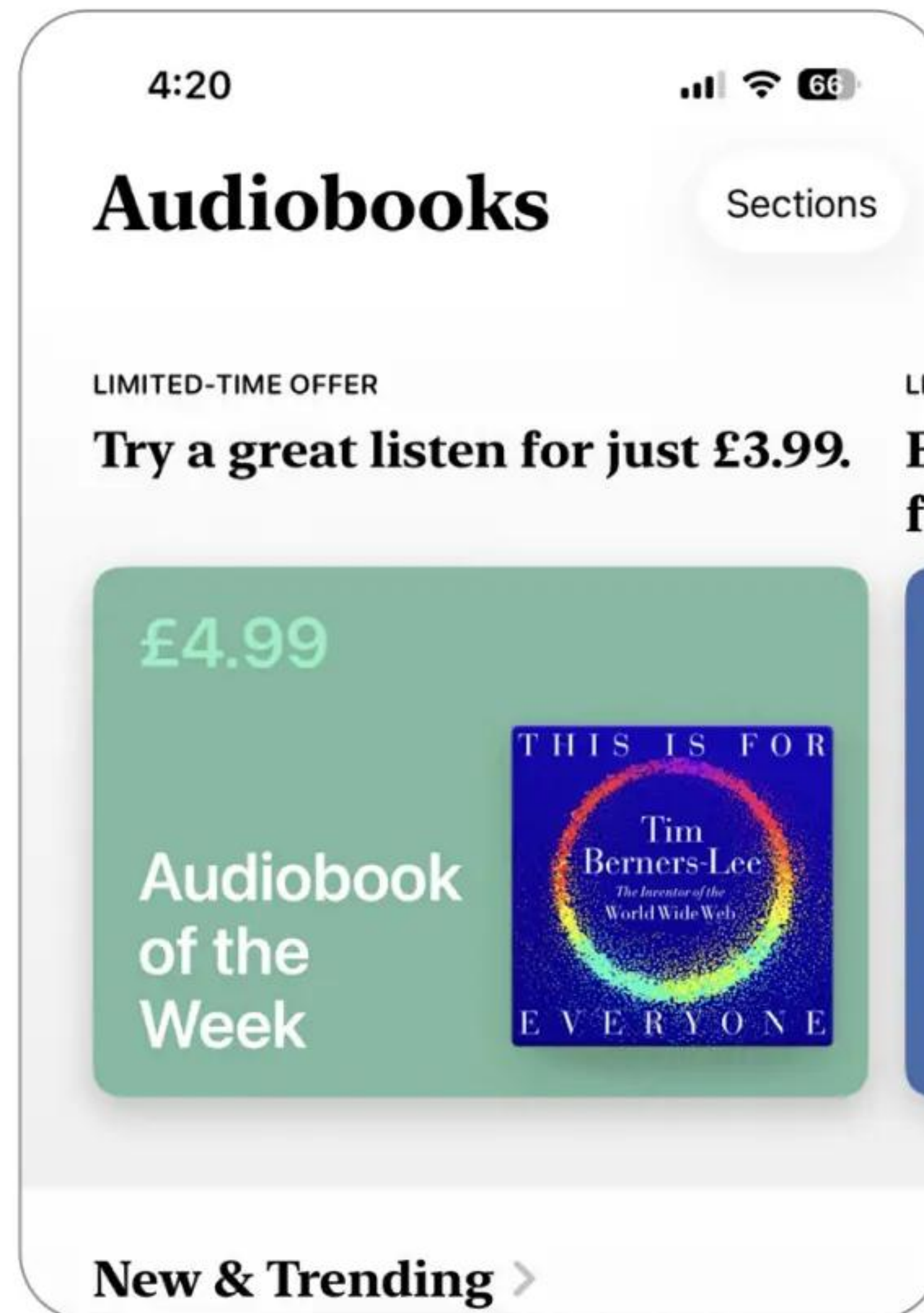


4 Tap an episode to listen to it through your Apple Watch. If it isn't downloaded, and your iPhone is nearby, the show is streamed from your iPhone. If the podcast is stored on your watch, when you've listened to it, it will be deleted in order to make room for the next one.

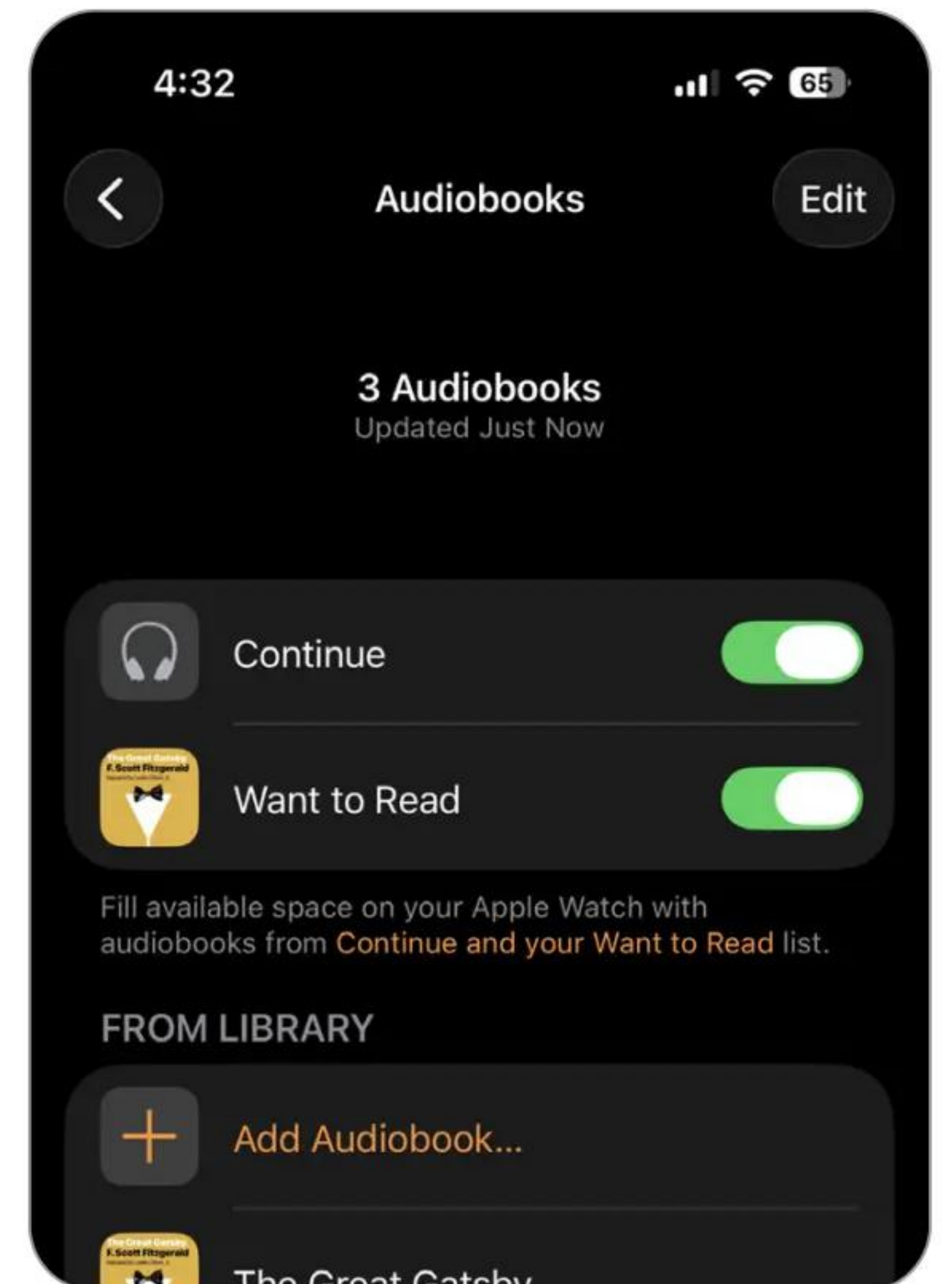


Listening to Audiobooks (Books app)

You can buy audiobooks on your iPhone, iPad or Mac, and enjoy them on your Apple Watch. Ideal if you don't want to take your iPhone to the gym. Here's how to get the most from audiobooks on your Apple smartwatch.



1 You can buy audiobooks on your iPhone by opening the Books app, and tapping the Audiobooks icon at the foot of the screen. Navigate to a book you would like to listen to, and buy it, or simply get it if it's a free book; there are quite a few free ones.



2 By default, two audiobooks from your Reading Now or Want to Read collections sync with your watch while it's on its Apple Watch charger. You can open the iPhone's Watch app and in My Watch > Audiobooks, download books manually too.



3 On the Apple Watch's Audiobooks app, scroll up and down through your collection with the Digital Crown or by swiping up and down the screen. Tap the waveform icon in the top-right corner of the screen to go to the 'Now Playing' screen.



4 Tap a book to listen to it through an audio device connected to your Apple Watch through Bluetooth. The usual controls are there; play, pause, skip 15 seconds and more. Tap the three-dots icon to for options, including changing the playback speed.



5 If you dislike an audiobook that's on your Apple Watch and you want to delete it without finishing the book, in the iPhone's Apple Watch app, go to My Watch > Audiobooks. The books on your watch are listed; swipe it left, and tap the Delete link to remove it.



Find Your Way with Maps

Maps is all about finding your way around. It's like having your very own GPS on your wrist. When you open the Maps app on your Apple Watch, it immediately shows your current location. You can zoom in and out of the map using the Digital Crown, search for places and local amenities and more, all from your wrist. Let's take a look at what the Maps app can do.



Searching Maps

You can use the Maps app on your Apple Watch to find nearby – and far away – locations. If you need directions when you're driving, or simply need to find a certain street in your home town, Maps is for you.



1 Open the Maps app on your Apple Watch. On the opening screen, you see your current location and the surrounding area. Tap the magnifying glass icon in the bottom right corner to open the Search screen, showing your favourites and more.



2 Tap the Search field at the top of the screen. You can enter a city, location or other map feature, and then tap Search to find it. The Maps app shows that place, and tells you how far away it is. Tap the name of that place for information about it.



3 At the foot of this screen is an icon showing how long it will take to get there. Tap it for directions. To change the method of transport, tap the icon in the top-right corner of the screen and choose from the options offered, such as cycling, walking and more.



Using Directions

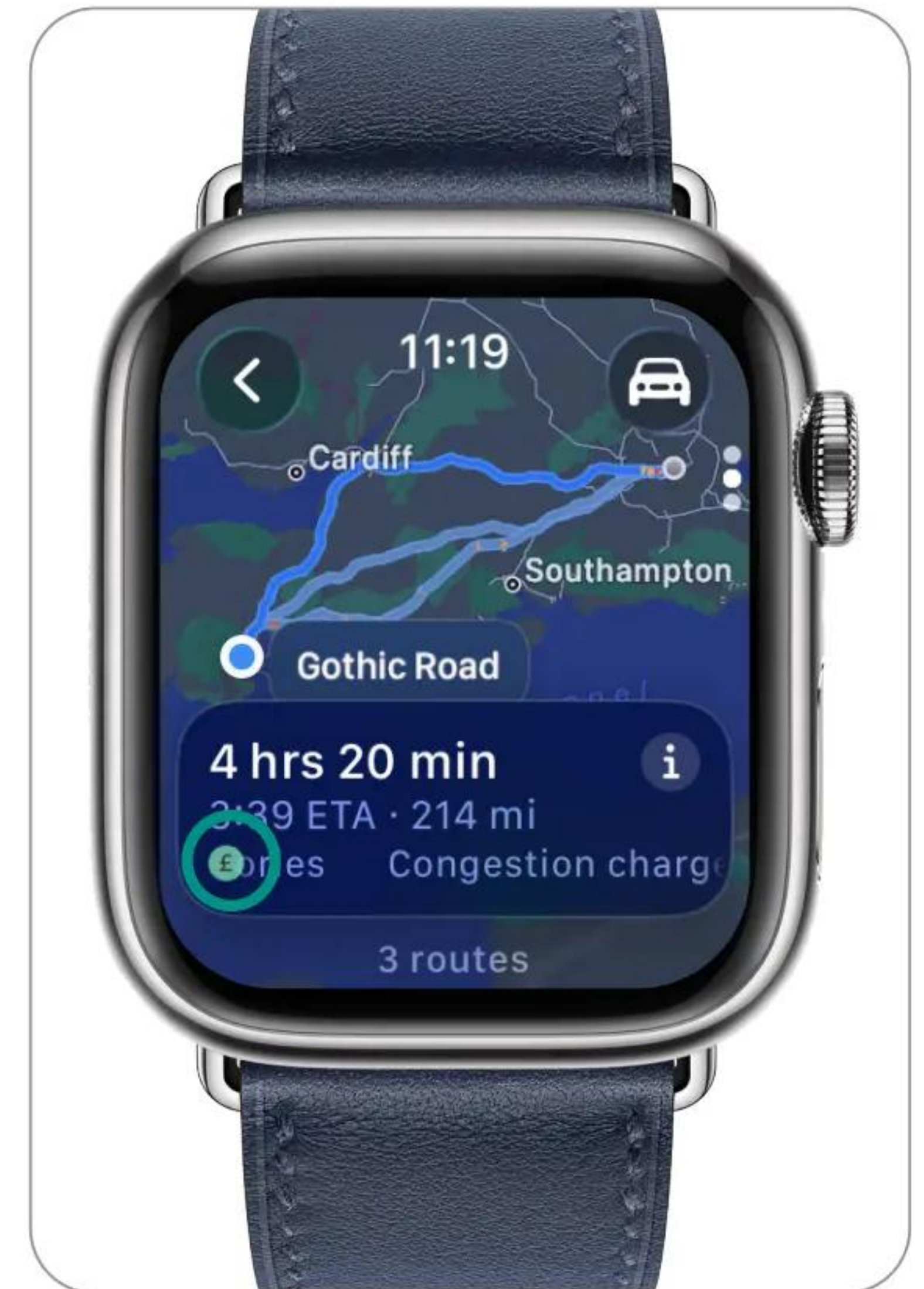
When you've found the location you wish to go to, you can get directions on your Apple Watch. Follow its instructions step-by-step, and listen for commands to take the next turn. It's really easy!



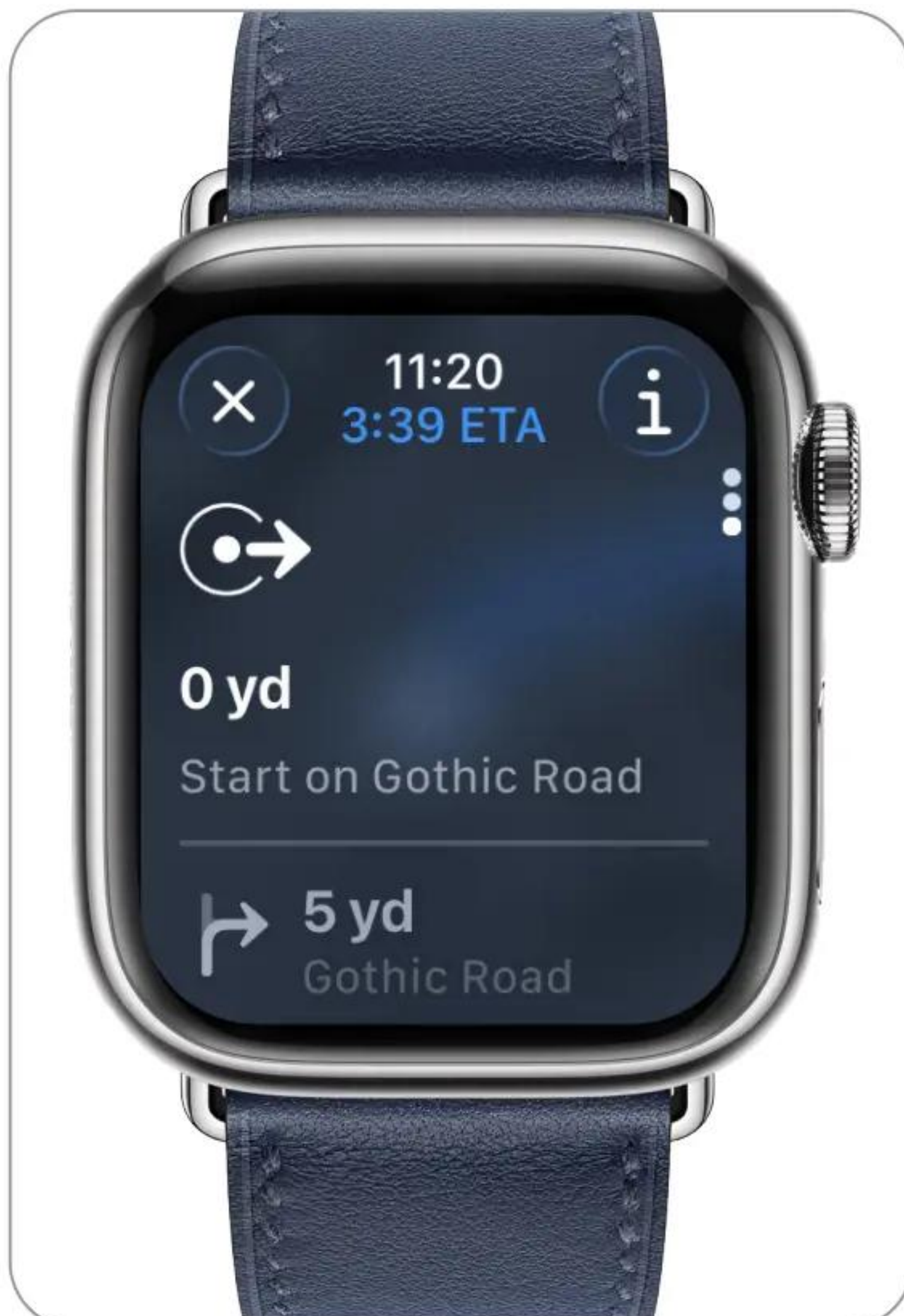
1 Having found your destination, tap the name of that destination to get to this screen. Tap the blue button. On the next screen, you can tap the car icon to change modes of transport, but here we're driving.



2 You're shown a suggested route. Use the Digital Crown to switch between them, noting information such as the time it's estimated to take and whether it uses motorways or toll roads.



3 A currency sign in the bottom-left corner of the route button means there are tolls or charges to pay. Tap the 'i' icon for more information, such as advisories, time, distance and a list of directions.



4 When you're ready, tap the route you wish to use. You're shown step by step instructions, which are also read out to you. Your ETA is updated in real time, so you know when you'll arrive.



5 Roll the Digital Crown to switch between your next turning, your current location on the route map and a screen showing the current distance to your destination and estimated time of arrival.



6 To stop the directions, tap the X icon in the top-left corner, then tap the End Route button. You can always set a new route from wherever you are at the time, completing your journey on a new route.

Local Amenities

As well as taking you on a journey across the country to places near and far, it can also find local amenities such as cafés, petrol stations, cinemas and more. Here’s how to find and reach them using Maps.



1 Open the Maps app, and on the search screen, tap the four-squares icon in the right of the Search field. Instead of searching, you'll see a list of amenities to be found nearby.



2 Tap the amenity you wish to find. For example, if you're looking for somewhere to eat, tap a food button. You're shown a map of all examples of that particular amenity in the locale.



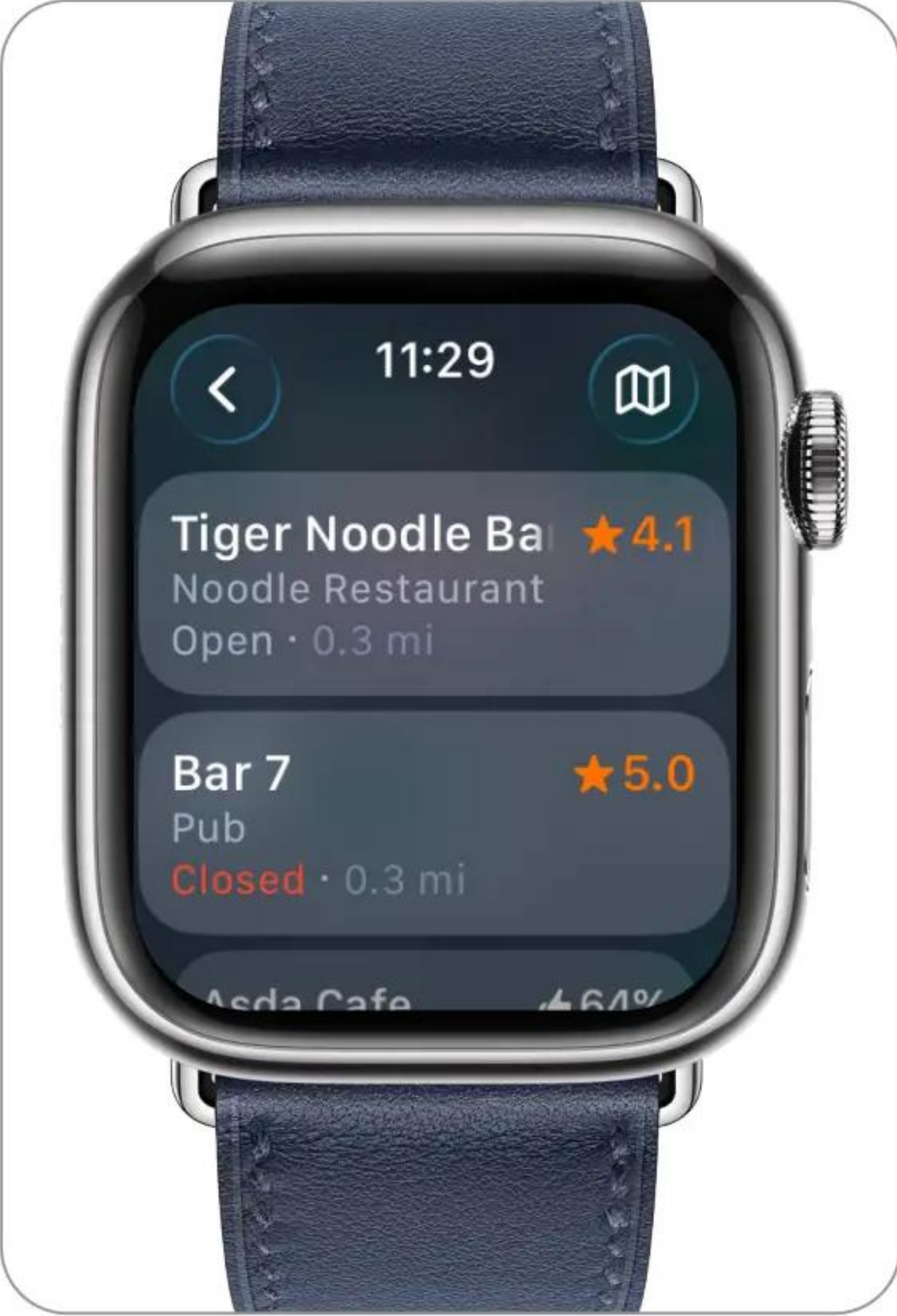
3 Scroll the Digital Crown to cycle through the available amenities. Tap one and you're shown information about that venue and a blue button showing how long the journey is likely to take.



4 Tap the blue button for directions. If you want to travel by a means other than the one offered, tap the icon in the top-right corner of the screen and choose a new mode of transport.



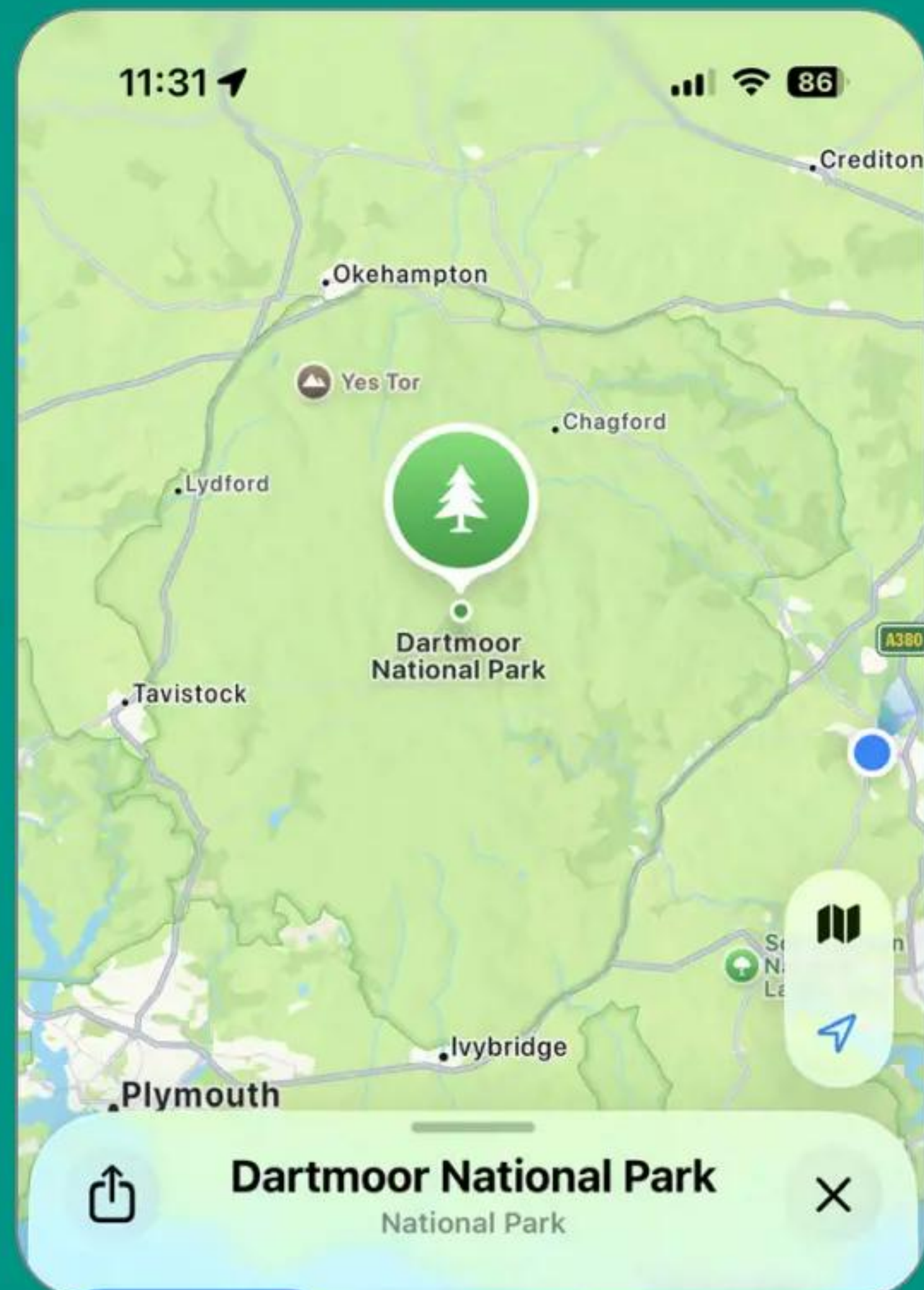
5 Scroll up on the screen with the blue button for information such as opening times, ratings, photos, the address and more. Tap the telephone button to call the venue in question.



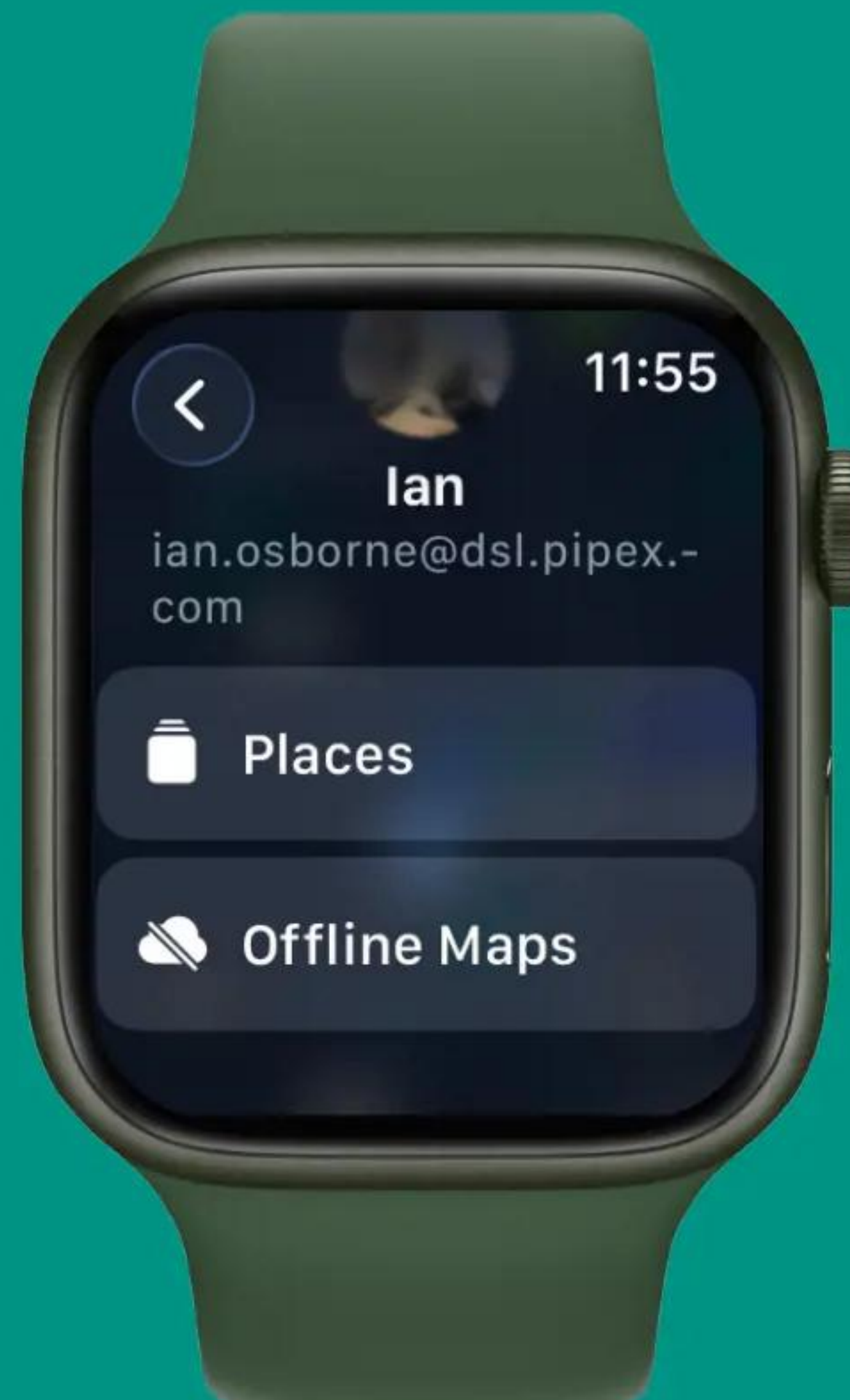
6 On the map screen, after choosing the amenity you wish to search for, tap the three-lines icon in the top right for a list of those found locally. Tap one to go to its information screen.



Downloading Maps



1 In the iPhone's Maps app, search for a locale, and when you're shown it on the Maps screen, tap the Download icon and use the handles to choose the extent of the area of map you wish to download. Tap the Download button.



2 The map downloads, and can then be used offline. Offline Maps are found in Maps by tapping the Search field, then your photo icon. Even if offline, you can use downloaded maps on your iPhone and on your Apple Watch.

Current Location



The Location button on the first screen of Maps, and the location icon anywhere in the app, takes you to a map showing your current whereabouts. The blue or grey dot is where you are.

Pan and Zoom



1 Pan around a map by dragging it with one finger. Zoom into and out of it using the Digital Crown. Tapping the arrow icon moves the map to your current whereabouts with a single tap of the screen.



2 Scroll in and out of your current location to see a ring, showing how long it should take to walk to a location or amenity located on that circle. The Digital Crown expands and contracts the ring.

Deep Press



Deep press the screen in the Maps app and you get a few more options. Explore takes you back to the main Maps screen, and Public Transport lets you view directions using public transport. You can turn the walking radius on and off, swap between measuring it in time or distance and more.



Glossary of Watch Terminology

We've tried to keep this guide as jargon free as possible, but inevitably there are some words and phrases that might still seem mysterious to the newcomer. If you're puzzled, we hope you find this glossary helpful.

A Accessibility: A series of tools and features designed to make an Apple device such as the Apple Watch easier to use by those with disabilities. You can find the Accessibility features in Settings.

Activity: A key app on your Apple Watch that records how many calories you've expended by moving around, how many minutes you've exercised and whether you've stood for at least a couple of minutes each hour. The Activity app gives you targets to aim for; 500 calories, 30 minutes and 12 hours by default, but they can be customised if you wish. You can share your Activity stats with friends, and win awards by meeting targets.

Airplane Mode: All airlines warn you to turn off mobile electronic devices when on an aircraft, so this Apple Watch setting turns off all incoming and outgoing signals to your device, including data, Bluetooth, and Wi-Fi.

AirPlay: A protocol for streaming sounds and video from an Apple device to compatible speakers, or (for example) an Apple TV. It's wireless, and easy to use.

AirPods: Apple's own in-ear Bluetooth earbuds. Pair them with your iPhone, and they automatically pair with your Apple Watch too. You can then play music directly from the watch, without using your iPhone.

App: Short for 'application', another name for a computer program as used on iPhones and iPads, and also on the Apple Watch. Apps for the Apple Watch can be downloaded on the iPhone or on the watch itself.

App Store: This is where you can download free and paid-for programs, or apps, to your device using your Apple ID. You can access it through your iPhone's or Apple Watch's Home screen.

Apple ID: This is the email address and password that you have registered with Apple. It's required for a lot of applications and features on your iPhone and Apple Watch, such as App Store, Find Items and more.

Apple Pay: With your credit or debit card information stored on your iPhone, you can use your Apple Watch to make contactless payments for goods and services. Double tap the side button to access Apple Pay, then hold your watch near the contactless payment machine. The watch vibrates, and the money is taken from your account.

B Blood Oxygen: Your blood oxygen level shows the amount of oxygen your blood is carrying around your body. You can test your personal blood oxygen level with your Apple Watch.

Bluetooth: Bluetooth is a wireless technology used to link and exchange data with another compatible device. It has a range of approximately eight metres (25ft). Apple Watch supports many Bluetooth devices, and can be configured using the Bluetooth option in the Settings app.

C Calendar: This is one of Apple's preloaded apps. Use it to keep track of events, invitations, and reminders on your Apple Watch, Mac or mobile devices.

Camera: This app is used when taking photos and videos on your iPhone. The Apple Watch can function as a camera remote, so you can take iPhone photos directly from your wrist without touching the phone.

Charger: The USB cable used to charge your Apple Watch. It plugs into a USB-C or USB-A port, and can be bought separately from Apple if you need a spare.

Complications: In watchmaking, small features such as extra dials or a sun and moon behind the main watch face are known as Complications. The Apple Watch uses the same term for the extras on the watch face that take information from, and give access to, the watch's apps.

Contacts: Your digital address book, which syncs across your Apple devices using iCloud. On your Apple Watch, you can review your stored contacts' information, initiate an email, phone call, message and more, share a contact or delete it if it's no longer needed.

D Digital Crown: A key control on the Apple Watch. It combines a button which can be pressed for the Home screen, held for Siri or double-pressed to return to the last-used app, and a dial that lets you scroll through various options and items on your Apple Watch.

Dock: The Apple Watch has a Dock, just like the Mac, iPhone and iPad. It can show recently used or favourite apps. Access the Apple Watch Dock by pressing the side button, and scroll through your apps with the digital crown.

E ECG: An abbreviation of electrocardiogram, a test that records the timing and strength of the electrical signals that make the heart beat. You can take one on the Apple Watch using the ECG app.

Emoticon: A small drawing used to augment a message or text. Typically, these are yellow faces showing a variety of expressions.

F Facebook: Currently the most popular social networking site on the Internet. Its integrated messaging app, Facebook Messenger, has an Apple Watch component that lets you review and reply to conversations.



FaceTime: You can join group FaceTime chats using your Apple Watch, but obviously, only using FaceTime Audio; the Watch has no camera, so can't do video.

Find Devices/Items/People: The iPhone's Find My app, for tracking down Apple Macs and mobile devices, locating AirTags and AirPods and sharing your location with others is represented on the Apple Watch by three different apps. Tap one to pinpoint the whereabouts of a device, tracked item or person on the map.

Focus: A feature on most Apple devices that lets you limit interactions with your Mac, iPad, iPhone and Apple Watch at certain times, for example, when working or driving. You can turn a Focus on and off from your Apple Watch.

Force Restart: If your Apple Watch isn't behaving as it should, you can force it to switch off and restart; press and hold the side button and digital crown for around ten seconds, until you see the Apple logo appear. Doing this can solve a range of problems on your Apple Watch.

Gestures: Actions performed with your fingers on the Apple Watch's touchscreen. These gestures aren't as comprehensive as those used on the iPhone or the Mac's trackpads.

Home Screen: The Apple Watch's Home screen is where you open apps, and it's accessed by pressing the digital crown. The watch's Home screen can display your apps as a grid or as a list.

iCloud: The collective name for Apple's online services, which integrates with all iOS/iPadOS devices, Macs and the Apple Watch.

iMessage: A text message that's sent from one Apple device to another. iMessages use the Internet rather than the mobile phone network, so they're sent free of charge.

Keynote: Apple's presentation app for Macs and mobile devices. The Apple Watch companion app acts as a controller.

Location Services: Features and apps on your Apple Watch that pinpoint and use your current location. The Maps app, for example.

Mail: Apple's email client, which has a watch component. It can handle a wide range of email accounts, including Apple iCloud, Microsoft's and Google's mail services and accounts provided by your Internet Service Provider.

Memoji: Open the Memoji app and you can create a caricature of yourself, or someone else, on your watch, and then use it in the Memoji watch face.

Messages: One of Apple's built-in apps that handles SMS text messages and MMS multimedia messages.

Mindfulness: A watch app that helps you set aside a few minutes every day to focus, centre and breathe. The Breathe watch face gives easy access to the Mindfulness app, which some people say helps them relax.

Music: The Apple Watch's app for playing music, which also works as a controller for the iPhone's Music app.

News App: A useful media application that collates news sources from across the web. It can be customised to focus on news that interests you personally.

Noise: A useful bundled Apple Watch app that checks the volume of ambient noise levels, and warns you if it's loud enough to damage your hearing.

Notifications: A pull-down list of recent notifications, accessed by swiping the Apple Watch screen down from the top.

Now Playing: If any app is playing audio on your Apple Watch or iPhone, the Now Playing icon appears atop the screen. Tap it for controls.

Photos: A bundled Apple Watch application that lets you view and share photographs directly from your watch.

Portraits: If your iPhone can take Portrait photos, with the subject in focus but the background blurred (the bokeh effect), you can use them in the Apple Watch's Portraits face.

QuickPath: The latest Apple Watch models offer a virtual keyboard used by tapping the letters or by swiping a finger from one letter to the next. Typing suggestions are offered, and you can correct a mistake by scrolling the digital crown.

Retina Display: This is Apple's term for its high-resolution screens. The pixels are so small it's impossible to distinguish between them at a normal viewing distance. Apple Watch has a Retina screen.

Scribble: A means of typing on your Apple Watch, by drawing individual letters on the watch face.

Settings: An app on your Apple Watch that gives access to configurable features. There's an entry in Settings for every app on your watch, whether a default app or one you've added yourself.

Siri: Apple's voice activated digital assistant. You can give Siri spoken instructions and the service replies by giving you the information you asked for, or by activating the requested Apple Watch function.

Sleep/Wake Button: Physical hardware button on top of the iPhone, iPod touch, and iPad. Used to power on, wake from sleep, put to sleep, and power down iOS devices.

Sleep App: This is used to track your sleeping habits and set up bedtime schedules. You can see how much sleep you got last night, and follow your sleeping trends over the last 14 days.

Smartwatch: A watch that functions as a piece of digital technology that can run apps for things like measuring exercise, health, heart rates and other things that require sensors. The Apple Watch is a smartwatch.

SMS: (Short Message Service) Text messages sent from the Messages app. Apple Watch has standard messages, or you can speak/type your own.

SOS: A service on Apple Watch that lets you call the emergency services from your watch, store medical information and detect if you've fallen over.

Straps: The Apple Watch uses its own unique strap design. Apple Watch straps include Loops, Sports Bands, Modern Buckles and other styles.

Touchscreen: A screen that responds to your touch, so you can interact with it using your fingers or a stylus.

Walkie-Talkie: An innovative feature that facilitates two-way communication between Apple Watches. Requires Apple Watch Series 1 or later running watchOS 5.3 or later.

watchOS: The operating system that underpins everything that goes on in your Apple Watch. This operating system (or OS) is regularly updated, and new versions are free of charge.

Wi-Fi: A wireless means of getting onto the Internet or connecting two devices. At home, your Wi-Fi network is established through your router. Whilst away from home, you might have access to public Wi-Fi networks like those offered in coffee shops or libraries.



Stay tuned...

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